

# **SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022**

**From Youth to Elite Sport:  
Harnessing Potential and the Pursuit of Excellence**

2nd - 4th November 2022

Organised by



# **SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022**

**From Youth to Elite Sport: Harnessing Potential and the Pursuit of Excellence**

## **PSYCHOLOGICAL SUPPORT AT VIETNAM SEAG –MENTAL WELL-BEING AS THE PRIORITY FOR PEAK PERFORMANCE**

Dr Harry Lim

Senior Sport Psychologist, Singapore Sport Institute

# Mental Health



“a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”.



# Is it really a problem???

## 'We're human, too': importance of mental health withdrawal

"We also have to focus on ourselves," Bile said.



## Jesse Lingard considered break from football because of mental health issues

- Lingard: 'I didn't want to play because my mind wasn't there'
- The England attacker has flourished during loan at West Ham



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## Naomi Osaka discusses mental health struggles as she says press conference format 'in great need of a refresh'

'I always try to push myself to speak up for what I believe to be right, but that often comes at a cost of great anxiety,' the tennis player says in new piece for TIME

## Clippers guard John Wall: 'I thought about committing suicide'

By Brian Wacker

August 30, 2022 | 8:01pm | Updated

Playlist Error: This content is currently unavailable from within your country.

John Wall had suicidal thoughts in recent years, the Clippers point guard revealed during an interview earlier this month.

The 31-year-old five-time NBA All-Star shared his experiences of the last few years at a garden dedication earlier this month for his late mother at the Salvation Army in his hometown of Raleigh, N.C. ClutchPoints [tweeted a video of the interview](#) on Monday.

Wall described the last two-plus years for him as "the darkest place I've ever been in," he said in the interview with Donal Ware. "At one point in time I thought about committing suicide."



# Is it really a problem???

## S'pore swimmer opens up about crippling anxiety in journey to clinch Asian Games silver

*'If you're reading this, I hope you know that trying your best is enough.'*

SINGAPORE - Utterly disheartened after coming in fifth for his event at the 2011 SEA Games, national swimmer Pang Sheng Jun thought of taking his own life.

"I went back to the Games Village and stood at the highest level, leaning on the railing... At that moment in time, the only way out was to just jump. To be honest you tend to not think straight when you are in that current state of mood," wrote the 22-year-old in a blog post on Saturday.

swimming for jiu-jitsu just five years ago

- Lien hopes to use her teenage struggles with an eating disorder to help others' mental well-being

## World champion or mental health

World champion in 2019 after swapping

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# What's the worst that could happen?

## Police: Jeret 'Speedy' Peterson killed himself

Associated Press

SALT LAKE CITY -- Olympic silver medalist Jeret Peterson died in a remote canyon in Utah in what police say was a suicide.

One of the world's most risk-taking athletes, Peterson was known for the one-of-a-kind "Hurricane" call. The 29-year-old had been cited for drug use but had pleaded not guilty.



At least five

"Regardless of whether he was skiing or not, he was a person who was loved by many people. He was just a really nice guy."

## Suicides put spotlight on how hard it can be for student-athletes to ask for help

"It's a fear about being judged. It's a fear of being seen as weak when you're supposed to be seen as a competitive athlete," one tennis player said.



Lauren Bennett, Sarah Shulze and Katie Meyer were all top-performing student-athletes who died by suicide in the last two months.

Elise Wrabetz / NBC News; JMU; UW; Stanford

## World track

Share



the USA women's team pursuit squad

Medallist Kelly Catlin has

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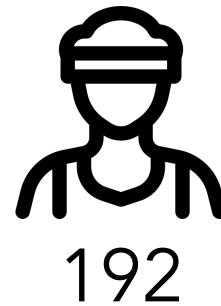
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Catlin won three straight team pursuit world titles on the track from 2016 to 2018, claiming silver in the same event at the Rio 2016 Games.

# Research

British Journal of  
**Sports Medicine**

Suicidal thoughts (ideation) among elite athletics (track and field) athletes: associations with sports participation, psychological resourcefulness and having been a victim of sexual and/or physical abuse



15.6%

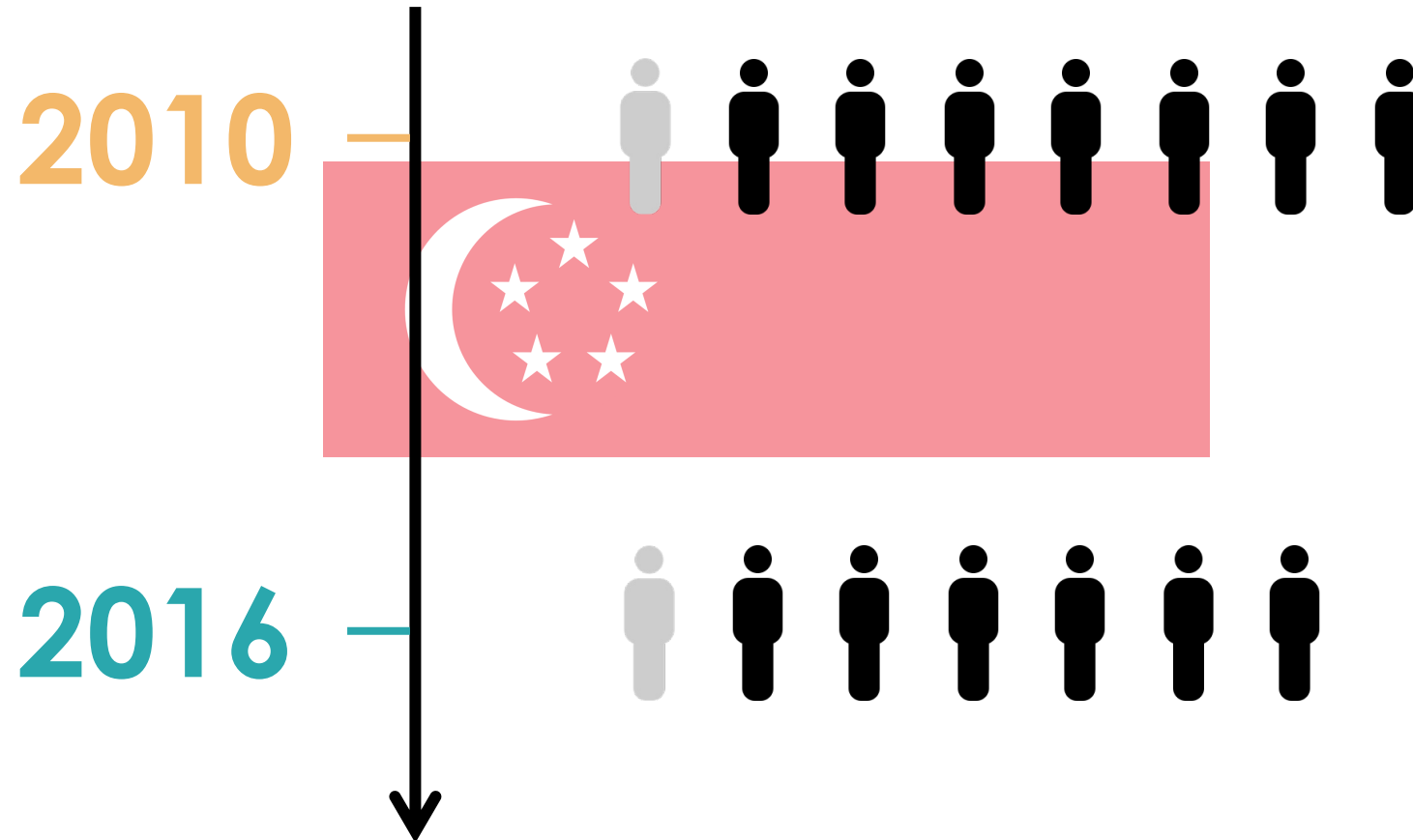


17.4%



14.2%

# Mental Health Study SG



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[https://www.imh.com.sg/uploadedFiles/Newsroom/News\\_Releases/SMHS%202016\\_Media%20Release\\_FINAL\\_web%20upload.pdf](https://www.imh.com.sg/uploadedFiles/Newsroom/News_Releases/SMHS%202016_Media%20Release_FINAL_web%20upload.pdf)



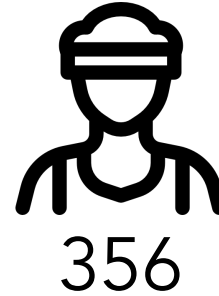
Poll...

What is the percentage of local athletes that have experienced poor mental health/well-being?

Go to [menti.com](https://menti.com), code: 6570  
1760

# Research

An exploratory study on the prevalence of mental health symptoms in Singaporean Athletes



41%

Depression  
(CES-D)

18%

Anxiety  
(GAD)

16%

Disordered Eating  
(SCOFF)

70%

Psychological Strain  
(APSQ)

Poll...

Resilience is developed  
by...?

Go to [menti.com](https://menti.com), code: 6570  
1760



## **SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022**

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# Duty of Care in Sport UK government review

“the routine element of elite sport, where the regimen is one of *continuous training, performance, and selection*, brings significant *mental resilience challenges* for both *participants* and *coaches*”

# Duty of Care in Sport UK government review

“Mental resilience is not something that all participants and coaches *automatically* have and this should be *developed* with the *same consideration* that *physical resilience* is built”

# Core Ideas for Resilience



01 Human First, Athlete Second



02 Communicating Effectively



03 High Challenge, High Support



# What do you see?





# Human first, Athlete Second



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# HUMAN FIRST

## ATHLETE SECOND

It is so easy to go through life as an athlete, and begin to form an identity based purely around our sport. As life hits us with adversity, we learn that we are so much more than an athlete first. The purpose of this blog is to embrace the fact that we are simply human. We feel, we hurt and we grow like everyone else. I hope this inspires athletes to see worth in their connection to this world, *in all facets of life*. And accept that athletes of all abilities go through their share of adversity. After all, we are human.

# Pay attention....

## Common signs and symptoms of poor mental health/ well-being

### Behavioural

- Social withdrawal and/or isolation
- Sleep disturbances and/or deprivation
- Drastic changes in appetite
- Performance suffers
- Unable to relax
- Increased use of substance abuse

### Physical

- Having difficulty breathing
- Muscular tension
- Increased heart rate
- Consistent pain
- Fatigue
- Tiredness and/or loss of energy
- Edginess

### Emotional

- Sadness and/or inconsolable grief
- Feelings of hopelessness
- Constant self-directed anger
- Consistent feelings of shame and/or guilt
- Always fearful & anxious
- Emotionally numb

### Mental

- Difficulty or unwillingness to make decisions
- Difficulty in concentrating
- Excessive worrying
- Self-doubt and/or low self-esteem
- Intrusive negative thoughts
- Constantly think of the past or future

# Core Ideas for Resilience



01 Human First, Athlete Second ✓



02 Communicating Effectively



03 High Challenge, High Support



# Communicating Effectively (Do's and Don'ts)



**BESE**



**JIMI**



# Don't be like JIMI!!!

**J**ump into providing a solution.



**I**nvalidate what they are going through.



**M**ake decisions without their consent.



**I**gnore, ghost or avoid them.



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## 12 invalidating comments to avoid

Sara Kuburic; @millennial.therapist

- It's not that bad
- Don't worry
- You're being too sensitive
- Toughen up
- You should feel grateful for...
- Just let it go
- Could be worse
- There is no need for you to feel this way
- It's not bothering anyone else
- You're exaggerating
- Calm down
- Don't think about it

# BE LIKE BESE...

## supportive statements can sounds like:

Sara Kuburic, CCC; @millennial.therapist

- "I am happy to listen if you want to talk"
- "That sounds really difficult"
- "What is the best way I can support you right now?"
- "I am sorry you're going through this"
- "I believe you"
- "What I admire about you in this moment is..."
- "You have the right to be upset"
- "It's not your fault"
- "I agree"
- "Thank you for trusting me with this. It must be hard to talk about it"
- "I am proud of you"
- "I know you feel like you made a mistake, but I want you to know it doesn't change my opinion of you"



**B**e fully present.



**E**ngage in active listening.



**S**how empathy and be patient.



**E**ncourage the individual to seek help.

# Core Ideas for Resilience



01 Human First, Athlete Second ✓



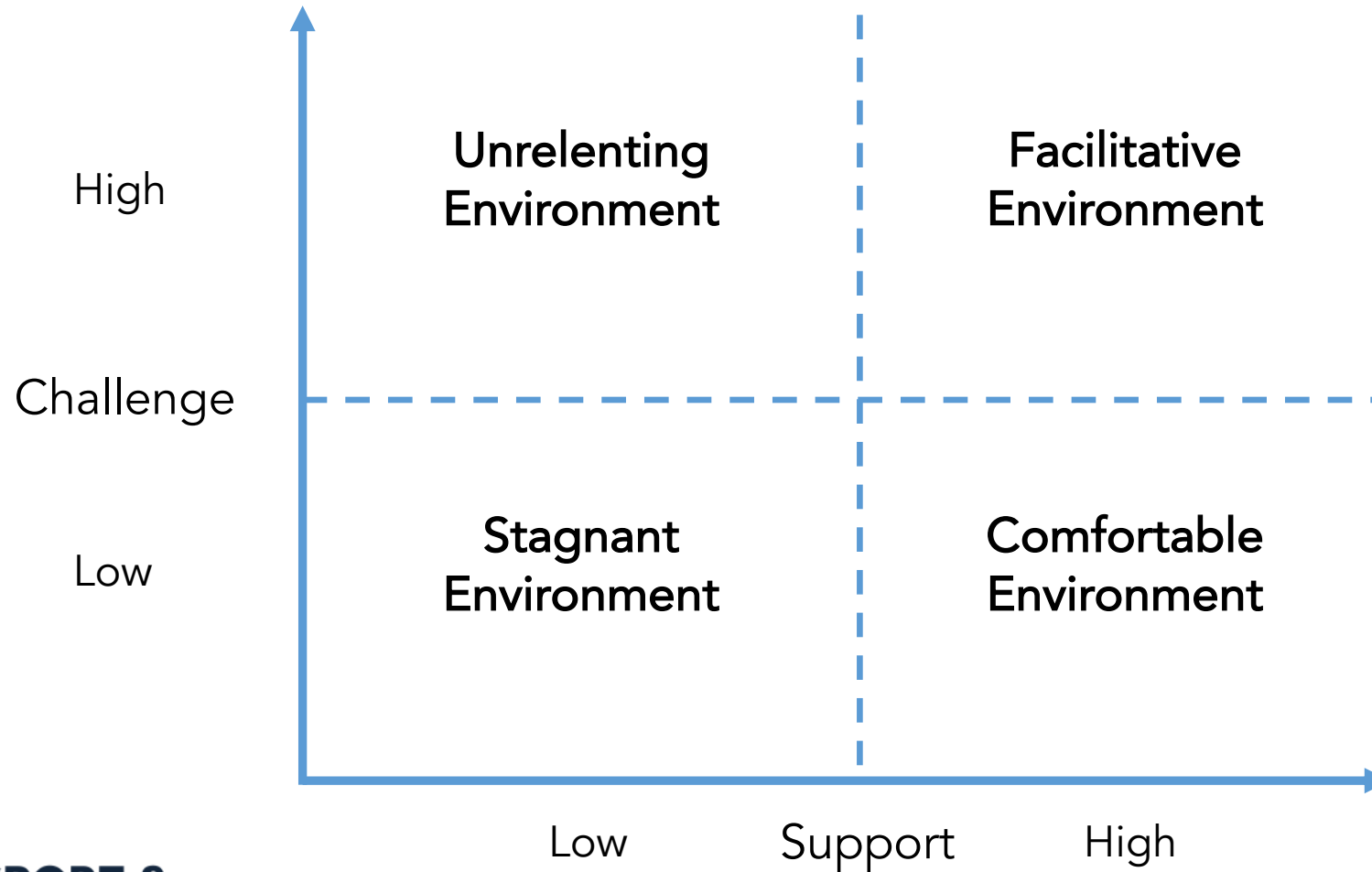
02 Communicating Effectively ✓



03 High Challenge, High Support



# Challenge-Support Matrix





# Core Ideas for Resilience



01 Human First, Athlete Second ✓



02 Communicating Effectively ✓



03 High Challenge, High Support ✓



Decentralised  
Games

Heighten risk of  
COVID

1<sup>st</sup> major  
competition in 3  
years

On-site SP (SP-O)  
manpower  
constraints



Mental Well-  
Being Concerns

&



SP-O support

# Managing the games...

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01 Screening (HFAS, HCHS)

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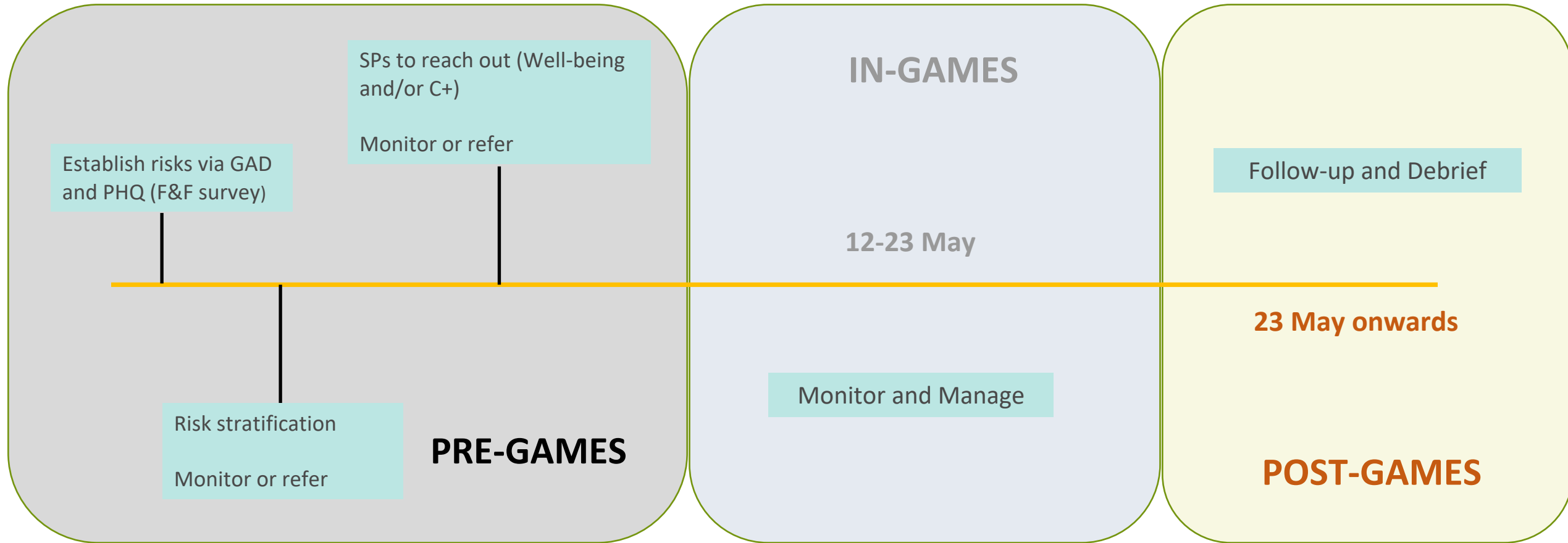
02 Psych Support Team (HFAS, HCHS, EC)

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03 Involving others (HCHS, EC)

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# Screening and support



# Managing the games...

- 01 Screening (HFAS, HCHS) ✓
- 02 Psych Support Team (HFAS, HCHS, EC)
- 03 Involving others (HCHS, EC)

# Psych Support Team



SSI full-time staff



SSI Trainee



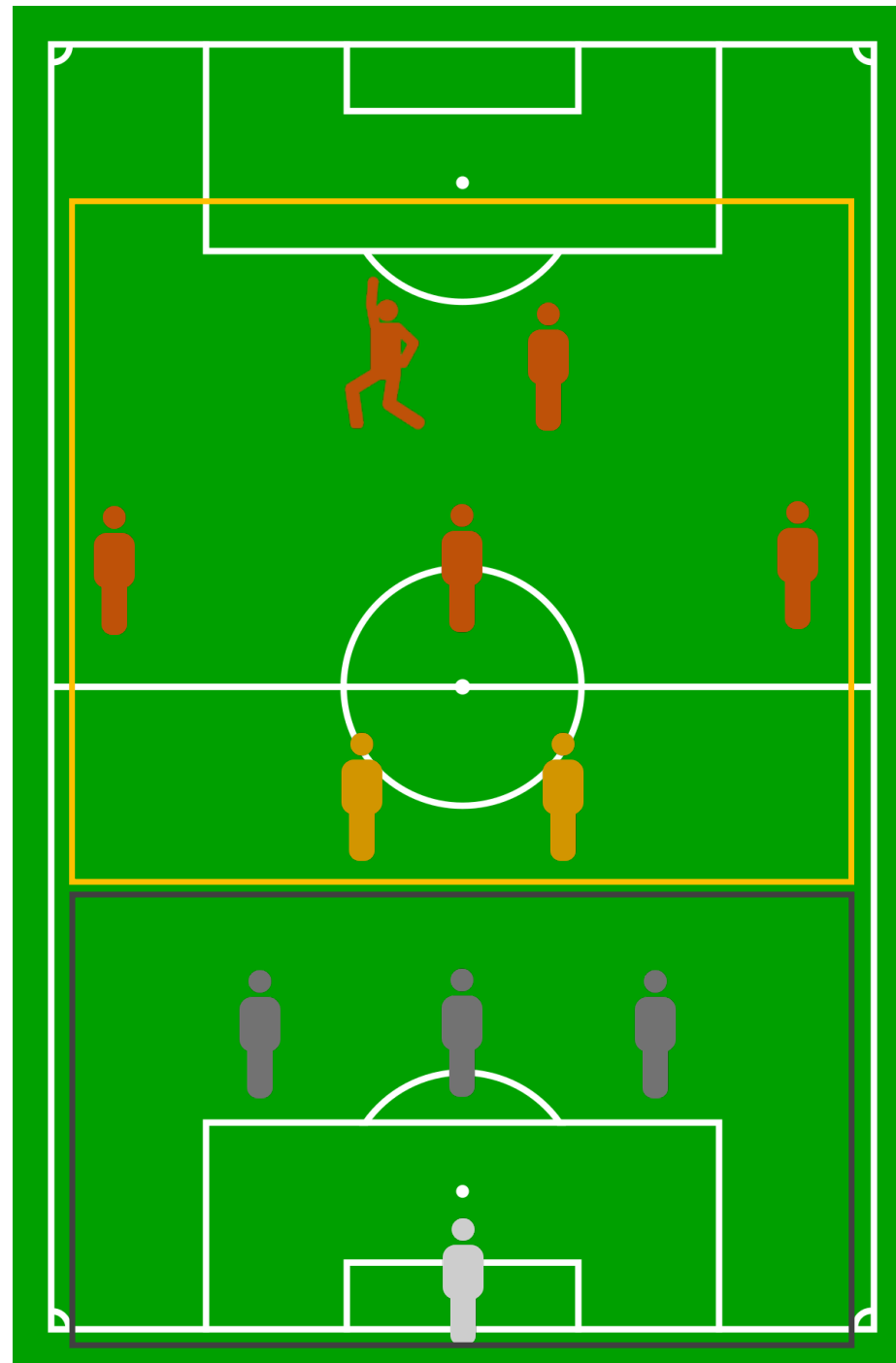
NYSI full-time staff



NYSI intern

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# Managing the games...

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01 Screening (HFAS, HCHS) ✓

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02 Psych Support Team (HFAS, HCHS, EC) ✓

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03 Involving others (HCHS, EC)

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# Involving others...



## SEAG 2022 Hanoi Mental Well-Being Support Plan

Prepared by: Joyce, Harry, Jin Hong



LIVE BETTER THROUGH SPORT



## Sport Science Support TMs Briefing

Dr Marcus Lee (Head, Sport Science & Sport Medicine)  
Ms Huang Liyan (Snr Sport Dietician)  
Dr Harry Lim (Snr Sport Psychologist)



LIVE BETTER THROUGH SPORT

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### Recognise Symptoms

#### Behavioural

- Social withdrawal and/or isolation
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- Drastic changes in appetite
- Performance suffers
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- Increased use of substance abuse

#### Physical

- Having difficulty breathing
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#### Emotional

- Sadness and/or inconsolable grief
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#### Mental

- Difficulty or unwillingness to make decisions
- Difficulty in concentrating
- Excessive worrying
- Self-doubt and/or low self-esteem
- Intrusive negative thoughts
- Constantly think of the past or future

**Common signs and symptoms of poor mental well-being**



# Managing the games...

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01 Screening (HFAS, HCHS) ✓

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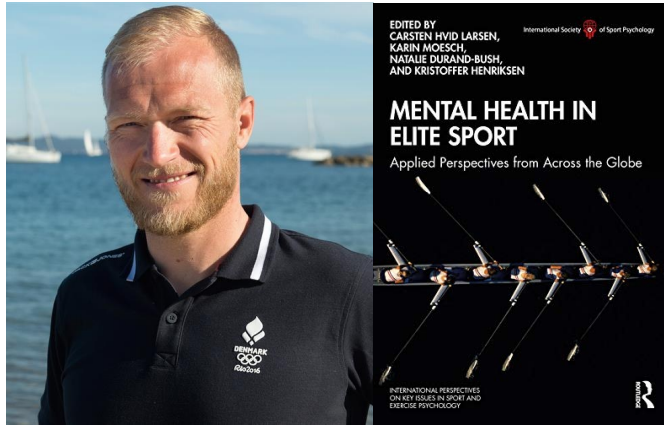
02 Psych Support Team (HFAS, HCHS, EC) ✓

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03 Involving others (HCHS, EC) ✓

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# Concluding Remarks...

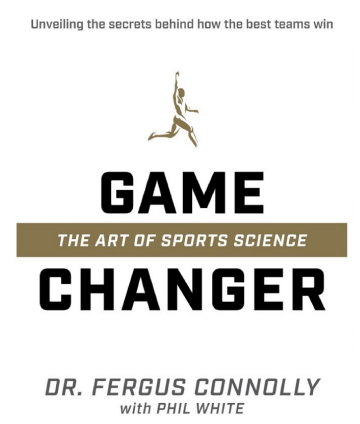


“The environment can nourish or malnourish athlete mental health; and mental health is everybody’s business...”

“Mental health is the foundation of sustained peak performance”

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THAT'S ALL FOLKS!!!



[harry\\_lim@sport.gov.sg](mailto:harry_lim@sport.gov.sg)