



Coaching Culture Podcast Coaching Notes

Episode 144: Caring for Our Mental Health as Coaches

Check Out Episode 107: What To Do When You Feel Like Quitting

Mark Cuban Video <https://www.youtube.com/watch?v=IVNK5gkVq2Q>

Unhealthy Habits

1. Sleep deprivation
2. Poor eating habits
3. Social media consumption
4. Anxiety over media, parent emails, and disgruntled fans
5. Lack of family time
6. Rushing, hurrying, and not stopping to be present.

Challenges

- **Potential limiters** rise to the surface in high pressure and stressful situations!
- We lose **clarity of purpose**
- We can get caught up in trying to **validate ourselves** with achievement, acknowledgement, or ability
- We start to **use athletes** to validate ourselves and our worth
- Our **heart posture** moves to that of seeing our problems and obstacles as more important and significant than others...

Practical Tips

1. Sleep More: [Article](#)
2. Healthy Reading: [Article](#)
3. Meaningful Human Connection
4. Exercise
5. Nutrition
6. Mindfulness
7. Find a Mentor!