**Applying Sport Psychological Skills in the ED**

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Working in the Emergency Department necessitates Performance on Demand (PoD) that involves the fundamental psychological capabilities of mastery motivation, decision making, execution and teamship.

Stress impacts our behavior, emotions and cognition.

**Psychological skills training can facilitate performance in the ED**

- Emotional control (stress management)

- Concentration/attentional focus

- Confidence and self-talk

- Resilience/mental toughness/hardiness

- Imagery

- Pre-competition Routines

- Team and coach dynamics

**Suggested techniques to enhance ED performance on shift:**

**1. Grounding**

- Breathing techniques (ie: box breathing)

- Body scans

- Physical position or posture

- Muscle relaxation

- Movement

**2. Physiology**

Polyvagal theory

- Humming, laughter, cold water on face, social contact

**3. Mindfulness**

*Mindfulness* = increased awareness of self, using all senses in the current moment, with curiosity and non-judgment

- Notice, Name and Neutralize Technique

- 6 second pause and list 6 items in a category

- Notice environment (eg: name 3-5 blue objects)

- “What’s another way to look at this?”

- Use your own name

- Key words as self talk

**4. Before Shift**

- Pre-shift routines

- Imagine success

- Take in the good

- Music

**5. After Shift**

- More grounding, comforts

- Gratitude: name/record what went well

- Debrief

- Self care: exercise/hobbies/family and friends