

Isolation

Coach Sarah Lovely

Isolation during these tough times can be daunting. We live in a fast-paced society filled with life, socialization, and competition where we are constantly moving and connecting to others. When dealing with a pandemic such as the covid-19 virus our entire lives were upheaved and flipped overnight. Isolation, either self-inflicted or mandatory, is unfortunately a necessary evil to help retain the spread of the virus. Luckily for me, I have my 20-year-old twin sons home with me and streamline is a big help in lifting my spirits. Anyone who knows me, knows that I'm constantly on the road, practice, or at meets... so this change had a huge impact on me and my family.

Isolation may cause us to become overwhelmed. Feelings of loneliness and isolation can easily leave you unmotivated and depressed. While we may get caught up in these feelings, always remember that you have control and you can make the decision to fight back and embrace life. Make the choice to stay positive which will lead to a healthier and happier state of mind. Swimming has definitely made a lasting impact for me as far as how to get back on track after possible failures, loss of job, loss of routine, and socialization. Swimming focuses on working hard through perseverance towards their goals. Even when you are less motivated to get off the couch you must continue towards following your dreams. Hard work and dedication will eventually lead to success and the sense of accomplishment will cause you to wish for more.

Get Moving. Take a walk. Ride a bike. Anything to help keep a routine of exercise on a schedule. Start keeping a journal of these experiences. Please share with others if you are starting to slip into depression. Teammates, friends, and family can greatly help with these experiences. Keep saying those positives thoughts that pushed you through those tough swim practices. Write post it notes and place on the mirror. Set new goals that you can strive to do at home. Anything to keep you moving forward.

When you feel lonely, this feeling can weigh heavily on your entire body. Whenever these feeling start to overtake you, fight back, and get productive. Engage in other tasks that help to distract you and offer some relief. Take small steps to get to where you need to be. Big steps might be too much change for the moment. Try anything you can to push yourself away from these thoughts; there is always someone looking out for you.

I believe people picture their depression or feelings of isolation as something separate from themselves (such as a cloud or something similar) will help them feel that they have more control over depression. Depression is then seen as something that you can walk away from or have the choice to ignore. This thought process may also help you realize that these feelings are not who you are. You are whomever you choose to be, and you must have control over how you want to feel.

Talking about how you are struggling can be challenging. Struggles are not meant to be easy so take the extra step to get back to your happy self. You may never know who you may be able to relate to through this process. Who knows, you might find through opening up about your problems that there are many others whom have gone through (or are currently going through) the same big problems. You may end up helping

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someone you did not even realize was struggling and was afraid to reach out themselves.

By making plans and setting goals, you give yourself something to strive for. Start off slow so that you do not overwhelm yourself. Setting just one or two goals for the day is a great way to start fighting back. Call up a friend you have not spoken to for a while or grab a coffee while FaceTiming someone to simulate social interactions. Go grocery shopping and make yourself a meal. Make your goals realistic and simple. Once completed, you will have allowed yourself a sense of accomplishment. Fight back one step at a time and you will eventually find yourself at the finish line.

Streamline is now moving into the social media platform so we can connect with our swimmers even when we can't be at practice. The plan is to help both coaches and swimmers connect and stay active!

Thank you
Coach Sarah