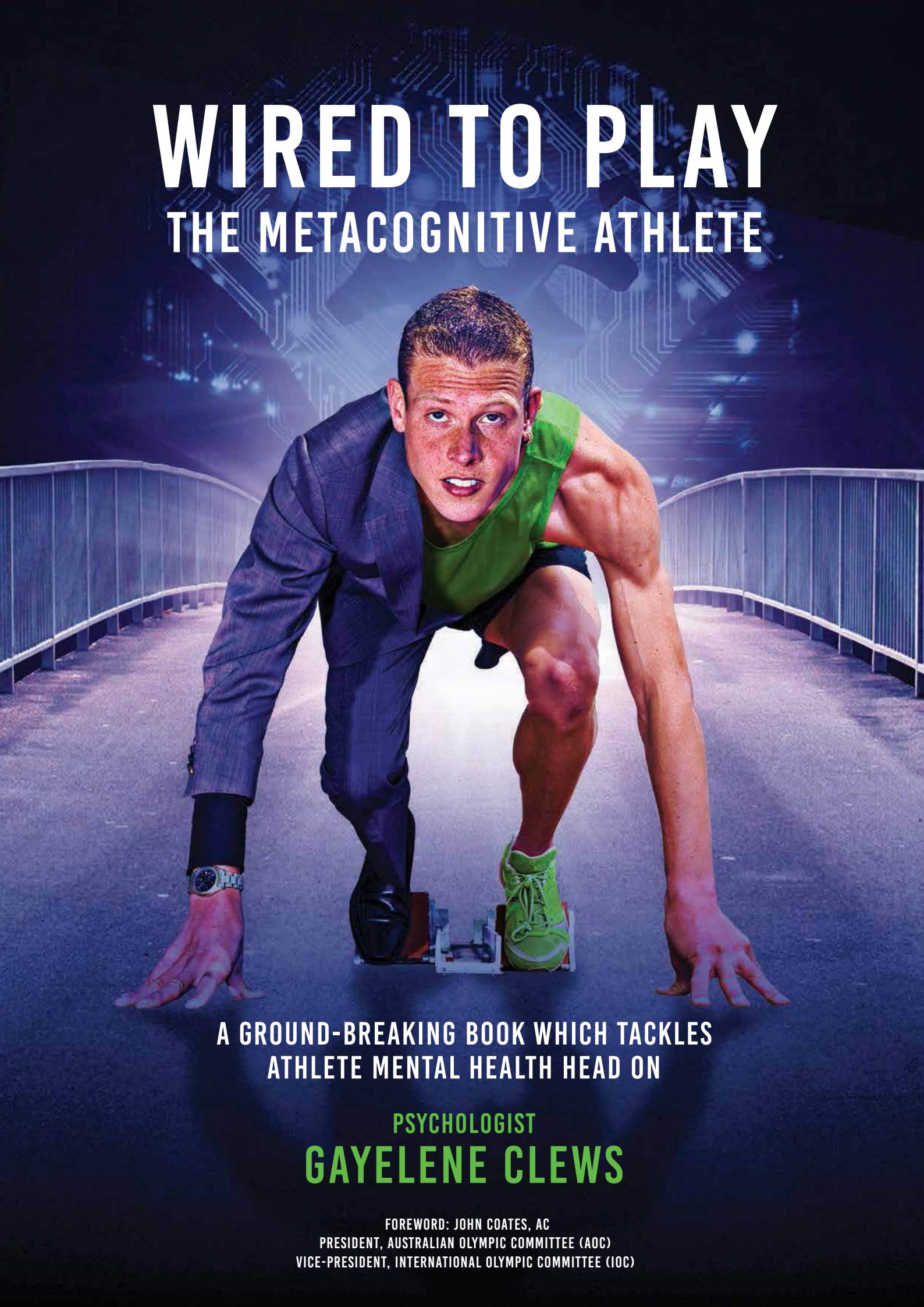
WIRED TO PLAY

THE METACOGNITIVE ATHLETE



A GROUND-BREAKING BOOK WHICH TACKLES ATHLETE MENTAL HEALTH HEAD ON

PSYCHOLOGIST

GAYELENE CLEWS

FOREWORD: JOHN COATES, AC
PRESIDENT, AUSTRALIAN OLYMPIC COMMITTEE (AOC)
VICE-PRESIDENT, INTERNATIONAL OLYMPIC COMMITTEE (IOC)

"IT IS NOT MENTAL ILLNESS, BUT THE FAILURE TO SEEK HELP THAT CAN BE DEVASTATING. THE BRAVE STORIES AND STRATEGIES SHARED BY THE ATHLETES AND COACHES IN "WIRED TO PLAY" GO A LONG WAY IN REDUCING THE STIGMA, IGNORANCE AND THE DENIAL ASSOCIATED WITH TALKING ABOUT MENTAL ILLNESS. WHEN WE EMBRACE THE CONVERSATION WE WORK TOWARDS A SOLUTION.

SPORTING INVOLVEMENT CAN BE A PROTECTIVE FACTOR AGAINST MENTAL ILL HEALTH IF THE LIFE LESSONS AVAILABLE THROUGH PARTICIPATION, ARE EXPLICITLY TAUGHT THROUGH A LENS OF SELF-AWARENESS AND PROBLEM SOLVING BEHAVIOURS. IF OUR BRAVEST AND COURAGEOUS ATHLETES CAN SHARE THEIR JOURNEYS AND FIND A WAY THROUGH DARK TIMES, OTHERS CAN TOO."

TIM SHEENS, NATIONAL TEAM COACH, NRL

THE METACOGNITIVE ATHLETE

A GROUND-BREAKING BOOK WHICH TACKLES ATHLETE MENTAL HEALTH HEAD ON

WRITTEN BY GAYELENE CLEWS

AUTHOR, FORMER ELITE TRIATHLETE, AND OLYMPIC PSYCHOLOGIST, GAYELENE CLEWS, EXPLAINS THE IMPORTANCE OF ADOPTING A METACOGNITIVE, SELF-AWARE APPROACH TO BUILDING LIFE-LONG EMOTIONAL RESILIENCE AND GOOD MENTAL HEALTH.

METACOGNITION IS THE ABILITY TO ANALYSE AND ADAPT THOUGHTS, FEELINGS AND BEHAVIOURS TO EFFECTIVELY MANAGE THE STRESSES OF LIFE. IT IS THE KEY TO PREVENTING MENTAL ILL HEALTH AND ACHIEVING AN ENDURING POSITIVE APPROACH.

CLEWS PROVIDES ADVICE ON HOW TO RECOGNISE WHO IS AT RISK OF DEVELOPING MENTAL HEALTH ISSUES, HOW TO HELP AND WHERE TO GET PROFESSIONAL SUPPORT. THE SIGNIFICANCE OF PHYSICAL MOVEMENT, COACH MENTORING, LIFE-SKILL DEVELOPMENT AND COMMUNITY FOR BOTH INDIGENOUS AND NON-INDIGENOUS AUSTRALIANS ACROSS THEIR LIFE SPAN ARE ALL COVERED IN THIS STRAIGHT TALKING, PRACTICAL GUIDE.

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