

Helping Students Who Miss the Normalcy of Sports and Activities They Love

With future of extracurriculars unclear, an Ohio State expert offers tips to those who feel part of their identity is missing

The Ohio State University Wexner Medical Center

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NEWS PACKAGE

<p>SUGGESTED TEASE</p>	<p>FROM ELEMENTARY SCHOOL TO COLLEGE, STUDENTS USED TO BEING BUSY WITH SPORTS AND EXTRACURRICULARS MAY FEEL LIKE PART OF THEM IS MISSING AS COVID-19 CONTINUES TO CHANGE IF AND HOW THESE ACTIVITIES WILL HAPPEN.</p> <p>COMING UP, EXPERT ADVICE ON HOW STUDENTS CAN COPE WITH MISSING OUT ON WHAT THEY LOVE.</p>
<p>ANCHOR LEAD</p>	<p>AS THE NATION CONTINUES TO BATTLE COVID-19, THE FUTURE OF SCHOOL SPORTS AND ALL EXTRACURRICULARS REMAINS UNCLEAR.</p> <p>EVEN FOR THOSE THAT RESUME IN SOME CAPACITY, IT WILL BE TOUGH FOR ATHLETES TO COMPETE IN EMPTY STADIUMS, MUSICIANS TO PLAY IN VACANT ROOMS AND ACTORS TO PERFORM TO EMPTY SEATS.</p> <p>EXPERTS HAVE SOME TIPS TO HELP THOSE MISSING OUT ON THE ACTIVITIES THEY LOVE MAKE IT THROUGH THIS BIZARRE SCHOOL YEAR.</p> <p>BARB CONSIGLIO HAS THE DETAILS.</p>
<p>(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Mason throwing football</p>	<p>(Nats - Sound) :02</p> <p>PLAYING HIGH SCHOOL FOOTBALL IS SOMETHING MASON ZIEGLER HAS BEEN WORKING TOWARD MOST OF HIS LIFE, BUT HIS FIRST SEASON ISN'T EXACTLY GOING AS EXPECTED. :05</p>
<p>CG: Mason Ziegler High school freshman</p> <p>Shots of Mason throwing football</p>	<p><i>"This is way different. I've been playing football since I was 4 and never had a season like this, never had anything like this. Crazy." :08</i></p> <p>IT'S A STRUGGLE THAT STUDENTS LOOKING FORWARD TO SCHOOL ACTIVITIES ARE HAVING AT</p>

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<p>Shots of virtual counseling session</p> <p>CG: James Houle, PhD Ohio State Wexner Medical Center</p> <p>Shot of athlete</p> <p>Shots of school activities</p> <p>Shots of athletes Graphic: Stay present</p> <p>James Houle (CG'd earlier)</p> <p>Graphic: Shift your focus</p> <p>Shots of athletes working out</p> <p>James Houle (CG'd earlier)</p> <p>Graphic: Seek connections</p> <p>Shots of Houle virtually counseling athlete</p> <p>James Houle (CG'd earlier)</p> <p>Shots of Mason throwing the</p>	<p>EVERY LEVEL.</p> <p>JAMES HOULE (hool) WORKS WITH COLLEGE ATHLETES AS A SPORTS PSYCHOLOGIST AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER AND SAYS THEIR ROUTINE AND IDENTITY IS DEEPLY ROOTED IN THEIR SPORT.</p> <p>AND FROM LIMITED PRACTICE AND PLAY TO EMPTY ARENAS AND STADIUMS, LIFE AS THEY KNOW IT IS UNFAMILIAR TERRITORY. :20</p> <p><i>"Their way of being has been uprooted."</i> :03</p> <p>THIS ISN'T JUST TRUE FOR ATHLETES, BUT MUSICIANS, ACTORS, ANY STUDENT THAT INVESTS THEIR TIME AND ENERGY INTO EXTRACURRICULARS THEY LOVE.</p> <p>HOULE SAYS TO HELP YOU THROUGH IT, FOLLOW THE THREE S'S.</p> <p>FIRST, RATHER THAN FOCUSING ON WHAT YOU'RE MISSING OUT ON, STAY IN THE PRESENT MOMENT. :13</p> <p><i>"When we live our life day to day, right here, right now, we tend to be happier, even if it's a horrible situation."</i> :06</p> <p>NEXT, SHIFT YOUR FOCUS. YOU CAN'T CHANGE THE SITUATION, BUT YOU CAN CHANGE HOW YOU REACT TO IT AND STILL MOVE TOWARD YOUR GOALS.</p> <p>TAKE SOME SOLO TIME WORKING ON YOUR SKILLS OR FIND ANOTHER INTEREST TO FILL YOUR TIME. :11</p> <p><i>"Kind of catching your mind going to all these uncertainty, and come back to, 'Well, what can I do right now?' You know, and that finding joy in other new avenues can bring a lot of solace during a time of uncertainty."</i> :14</p> <p>FINALLY, SEEK CONNECTIONS TO TALK ABOUT YOUR STRUGGLES. AT OHIO STATE, TEAMS CONTINUE TO MEET VIRTUALLY AND HOULE OFTEN JOINS THESE MEETINGS TO ENSURE ATHLETES ARE GETTING THE SUPPORT THEY NEED.:09</p> <p><i>"We want them to know that they're not alone and they have a shared experience."</i> :04</p> <p>AS FOR MASON, HE'LL BE READY FOR THE DAY HE CAN FINALLY TAKE THE FIELD WITH HIS</p>
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<p>football</p> <p>Mason Ziegler (CG'd earlier)</p> <p>Shots of Mason practicing</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>TEAMMATES. :04</p> <p>“Just trying to take this season as it is and work through it. Hoping next season will be good and the following seasons will be better.” :10</p> <p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>EXPERTS SAY EVEN IF YOU'RE MISSING AFTER SCHOOL PRACTICES, IT'S A GOOD IDEA TO KEEP A SCHEDULE TO ENSURE THESE CHANGES DON'T AFFECT OTHER PARTS OF YOUR LIFE, LIKE SCHOOL WORK.</p> <p>IT'S ALSO IMPORTANT TO KEEP TABS ON YOUR MENTAL HEALTH, AND IF YOU NOTICE CHANGES IN YOUR SLEEP PATTERN, APPETITE OR GENERAL ANXIOUSNESS, IT'S A GOOD IDEA TO SPEAK WITH A COUNSELOR WHO CAN HELP YOU FIND WAYS TO COPE THROUGH THESE UNCERTAIN TIMES.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>An @OSUWexMed expert offers advice to help students who have worked hard at their sport or activity and are missing the normalcy of the activities they love amid COVID-19. bit.ly/33nTF9Q</p> <hr/> <p>As the future of school sports and extracurriculars remains unclear, students from elementary school to college are missing the normalcy of the activities they love. Psychologists at The Ohio State University Wexner Medical Center offer tips on how to cope with these ever-changing conditions while still working toward your goals. bit.ly/33nTF9Q</p>
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EXTRA BITES

<p>CG: James Houle, PhD Ohio State Wexner Medical Center</p>	<p>Houle says looking to the past can affect your mood: <i>“If we're looking back in our lives a lot, we're living in the past, we often can feel nostalgic or maybe even it can pull our mood down a little bit, because that was then and it's definitely not now, which is very common in this COVID time.”</i></p> <p>Houle says the lack of crowd support can be hard for athletes: <i>“When athletes are in the sport and they're doing it, they're very zoned into it. When there are breaks, timeouts, halftime, that kind of stuff, it's very apparent that there's nobody around, and that can just feel like they're not feeling the energy from the crowd.”</i></p>
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<p>CG: James Houle, PhD Ohio State Wexner Medical Center</p>	<p>Houle says students are highly invested in their activities: <i>“If you're in the marching band or you're the varsity football quarterback, whatever, your investment in what you're doing is high. To think that that is compromised in any way feels very scary.”</i></p> <p>Houle says having compassion for yourself builds resiliency: <i>“The more compassion you can bring to yourself during this time, which is basically empathy for yourself and a desire to help yourself, that is going to allow you to make it through this time. It's going to build your resiliency.”</i></p> <hr/> <p>Mason says it's difficult not being able to control if he can play: <i>“First year of high school football, I want to get on the field and get playing and not knowing if you're going to be able to play or anything you can do with it, not knowing what you can do about it, it's kind of difficult.”</i></p> <p>Mason says his team stays connected virtually during this time : <i>“We have online meetings, with the coaches too, so we kind of connect that way. And FaceTime, I've actually FaceTimed quite a few people in a couple days.”</i></p>
<p>CG: Mason Ziegler High school freshman</p>	

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