

What is resilience

Resilience is a set of attitudes, behaviours, and responses to short or long-term adversities. In hockey, it refers to a player's ability to withstand challenges, setbacks, and pressure, both on and off the pitch.

It's not about avoiding challenges it's about choosing to face that adversity and your ability to bounce forward, your adaptability, grit, and perseverance when things are not going your way.



Self-Awareness

Knowing yourself is fundamental to resilience. Self-awareness allows you to recognize when you're facing a challenge and how it might affect you emotionally and behaviorally, serving as a crucial first step in developing resilience.



Self-Regulation

Your ability to regulate your emotions and control impulsive reactions is important. This allows you to manage emotions as they occur, accept what you are feeling, and choose to respond instead of impulsively reacting.



Confidence/Self Belief

Believing in your own abilities brings confidence and courage. It provides the motivation and determination to face and overcome obstacles that will be in your way.



Optimism

This mindset can help you maintain hope and perseverance when dealing with adversity. Being optimistic means you're more likely to believe you can overcome challenges, which builds hope and positivity for your future.



Reaching Out (Support and Relationships)

Human connection and relationships are important for overcoming adversity. Reach out when you need assistance, ask for help, and use your relationships to help deal with stress and get feedback.



Rest and Recovery

Rest and recovery are integral to your resilience as they allow you to recharge physically and mentally. Adequate rest helps prevent burnout and ensures you have the energy and clarity to effectively cope with ongoing challenges.

