



Managing taper anxiety and post-race depression

WHY DO WE RUN?

- Running helps us to feel:
- accomplished
 - socially accepted
 - strong/powerful
 - important (I Matter)
 - productive

WHAT IS THE NEGATIVE CORE BELIEF ABOUT SELF?

- I'm lazy
- I'm weak
- I'm not good enough
- I'm not important
- I'm fat
- People won't like me....

Recovery threatens our defense system by stripping us of our protective barrier and allowing our negative core beliefs to surface

MAKE SPACE FOR THE EMOTION & MINDSET SHIFT

Once you know the negative core belief that you are running from, understand it and face it

Understand the anxiety & depression are trying to communicate with you

Don't ignore the feeling, but calm the feeling (like you would with a child)

"I hear you anxiety, but I've got this; I can handle my fears; my successes and failures do not define me"

Allow space for the emotion by slowing down with a breathing exercise and engaging in self-care activities

(yoga, bath, gardening, cleaning, reading, walking, music)

USE SELF-COMPASSION

Talk to yourself as if you are talking to a friend

Be kind to your body, thank your body, listen to your body, be sensitive toward your body.

Don't bash your body, don't punish your body, don't degrade your body

DEVELOP RUNNING/LIFE BALANCE

We often hear about work/life balance but runners need running/life balance

When life is made about running, when we aren't running, we feel like we aren't living

Is there anything else that makes me feel as awesome as running does? (see list on "why do we run")

Integrate recovery into your lifestyle - active lifestyle with family and friends

Seek fulfillment outside of running

FRIENDS

Friends are great, but understand their role - utility vs. best friend

We develop a lot of friendships when running, but most of them are utility based - **and that's OK**

Lower expectations of utility based friends (if you want a deeper friendship - develop it)

Engage fully with friends who love all of you and spend time with you outside of running (run/life balance)

PLAN AHEAD

Plan your recovery - taper and post race.

Add massage, lunch with friends, read Harry Potter, finish project #375, etc. to your schedule