

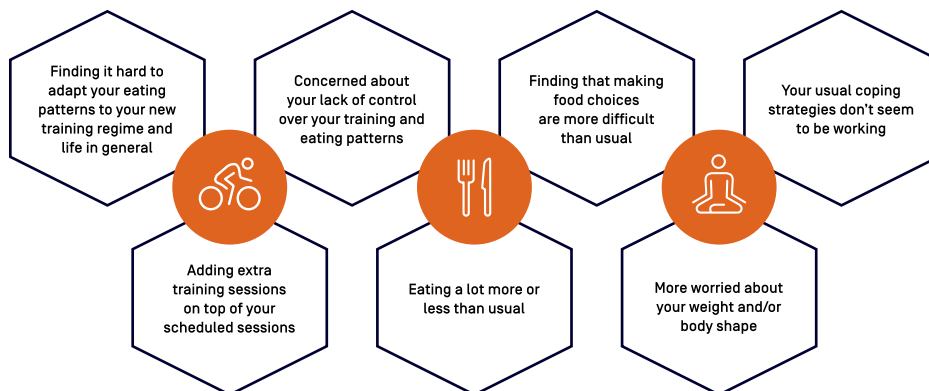
THE IMPACT OF ISOLATION AND SPORT RE-BOOT ON BODY IMAGE AND EATING BEHAVIOUR — INFORMATION FOR ATHLETES

In these unprecedented times during the COVID-19 pandemic you have faced, and will continue to face, a range of challenges in the weeks and months ahead. These include, but are not limited to:

-  Changes in training regime, schedule and location
-  Cancellation and postponement of upcoming competitions, including benchmark events
-  Return to training and competition through sport re-boot in varying capacities
-  Food insecurity or concerns about food scarcity
-  Job and income insecurity (both personally and within your family unit)
-  Changes in housing situations (for example moving back in with your family due to lost income)
-  Social isolation
-  Illness — personally or in family, friends, team mates
-  Fear, stress, anxiety and grief over the worldwide pandemic
-  Internal and/or external pressure to maintain your 'usual' athlete body composition
-  Changes in body image and/or body composition
-  Frequent self-weighing (initiated by yourself or coaches/support staff)

Even the most resilient athlete will face challenges and have potential triggers that may cause disordered eating. No athlete is immune to disordered eating, so keeping up contact with your support team during this time is important.

Maintaining physical and mental health now will better equip you to regain and build performance when usual training and competition is able to resume. If you are feeling like you are:



Reach out to a health professional within your sporting organisation (Doctor, Psychologist or Sport Dietitian).

If you **have an eating disorder**, or **think you have disordered eating**, it is important you receive the care and support needed during these times. If you have **recovered from an eating disorder** you are also vulnerable at this time. Regular contact with your Doctor, Psychologist and/or Dietitian is critical. If you are currently receiving treatment for an eating disorder you can and should continue to access your treatment providers through telehealth.

If you don't have access to health professionals through your sporting organisation, then eligible high performance athletes or someone on their behalf can contact the AIS Mental Health Referral Network.

Mental Health Referral Network

ais.gov.au/MHRN

mentalhealth@ausport.gov.au

+61 2 6214 1130

(Monday-Friday 9am-5pm AET)



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