

# PSYCHOLOGICAL RECOVERY FOR WELLBEING

## What is Psychological Recovery?

Psychological Recovery is the practice of intentional self-care which helps aid and maintain a healthy stress-recovery balance. The concept of the stress-recovery balance comes from an athletic performance background due to its role in supporting optimal mental and physical performance, and preventing the onset of overtraining/burnout symptoms.

## Why is it so important for wellbeing?

Most of us live fast-paced lives and carry multiple 'life layers' at any given time. A stress-recovery balance can be heavily influenced when these 'life layers' cause stress (such as work stress, financial hardship, social dynamics) that is not countered by Psychological Recovery.

A poor stress-recovery balance can make us more susceptible to anxiety, depression, feelings of stress and overwhelm, poor decision-making and a decline in physical performance, known as 'active de-conditioning'.

## What is the SEAM Recovery Protocol?

The Social, Emotional, and Mental (SEAM) Recovery Protocol was designed to fill a gap in the psychological recovery space. It's an instrument that not only assesses an individual's stress state, it also provides a system to assist the regulation of psychological recovery that's reflective of the individual. The SEAM Recovery Protocol is the only recovery-stress assessment tool which offers this.

In comparison to existing stress-recovery assessment tools, the Check-In tool used to assess an individual's overall stress state involves responding to 15 questions and only takes three minutes to complete. View the SEAM Recovery Protocol process on the right.

## Who benefits the most from this Protocol?

This system has been used in Elite performance environments across sports such as Ice Hockey, Rugby League, Triathlon and Ultra-endurance running.

It is also valuable to clients in high performing roles or professions that carry a high risk of burnout such as business, medicine, social services and teaching.

## Results.

- Reduction in overall stress scores of up to **45%**
- Reductions of up to **65%** in Cognitive Fatigue scores
- Reductions up to **50%** in Overtraining/Burnout Risk scores within six weeks of starting the SEAM Recovery Protocol.

Some candidates who've presented with significant performance issues have been able to return to full performance within six to eight weeks of protocol application.

## A BRIEF RUNDOWN OF THE

# SEAM RECOVERY PROTOCOL

*The SEAM Recovery Protocol is a tool designed to regulate an individual's Social, Emotional And Mental Recovery in order to maintain a healthy Stress-Recovery Balance and support optimal performance.*

### STEP 1

- Initial Assessment using **Check-In tool**.
- The Check-In tool is a 15-item questionnaire designed to paint a picture of an Overall Stress State.
- **Subscales** include:
  1. Cognitive Fatigue
  2. Physical Fatigue
  3. Overtraining/Burnout Risk Indicators
  4. Anxiety
  5. Stress
  6. Nutrition quality
  7. Depression.
- Individual Subscales are calculated along with an **Overall Stress State Score (OSS Score)**.

### STEP 2

- The basics of Psychological Recovery explained.
- Athlete issued SEAM Recovery Protocol and self-identified activities listed.
- Initial **SEAM Recovery Quota** issued based on initial OSS Score.

### STEP 3

- Athlete completes Weekly Check-In.
- Scores processed and SEAM Recovery Quota for the following week issued based on OSS Score along with any other relevant feedback.
- Process repeats with the aim of athlete eventually developing self awareness around this form of recovery and skilled in self-regulating their SEAM Recovery activities.



Learn more about the SEAM Recovery Protocol, and how Psychological Recovery can support the performance of your clients or athletes by contacting Leah Gilbert on 0422 397 187 .

# THE SEAM RECOVERY PROTOCOL: WHAT OUR USERS HAVE TO SAY.



## **Lauren Parker**

Para-Triathlon World Champion  
Para-Triathlon World Cup Winner

'Leah's service helps me greatly in achieving my goals and has taught me how to take away all negativities and deal with what I can control to my best potential. It helps me in my everyday life to be able to deal with situations that I was unable to deal with before, and helps me to stress-less, especially in my chosen sport which has led me to success in achieving my goal of becoming world champion in Para-Triathlon.'

'I had just come through a divorce, and training for triathlon World Championships, while working full time and moving three times in a year. I felt like I had lost the capacity to think. Then someone put me in touch with Leah specifically for her SEAM Recovery program. Through this program I found time for myself that renewed my energy and calmed my mind (most weeks!). I'm in such a different space, even though I still have the same commitments.'

## **Maree**

Senior University Lecturer, Board Member, Triathlete

'There is something to be said about having someone regularly checking up on how you "do you", to offer an expert eye to detect something in you that you may have missed or could not give words or thoughts to. Leah is that expert - to apply her services and SEAM processes to monitoring me as a career professional has been so reassuring and insightful. I am excited to hear from her each week to report on my progress - and I have made progress, certainly with behaviours that I could not articulate and which were weighing heavily on me personally. I am reassured that someone is watching me, in my best interests and holding me accountable to what needs to be in "the glass half full."

## **Jen**

Partner, Hicksons Lawyers

