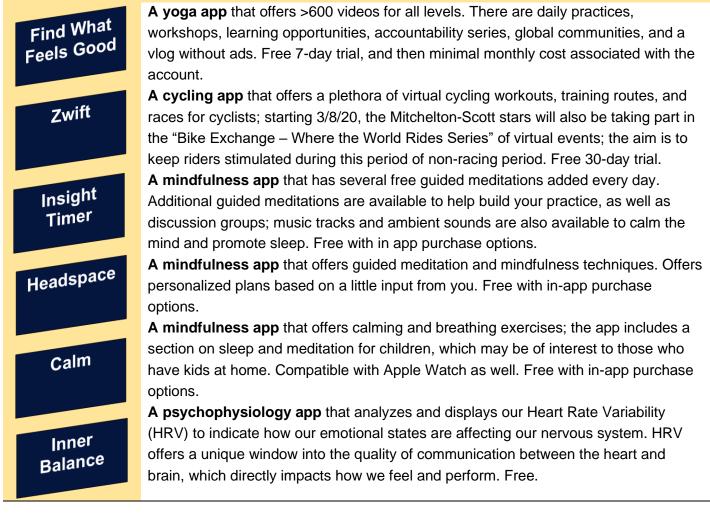
USOPC Sport Psychology

Virtual Resources to Help Stay Connected in a Time of Social Distancing

Human beings are fundamentally social. The effects of social isolation on our physical and mental health is well documented; we need each other in this ever-changing landscape of training and competition. The USOPC Sport Psychology Professional team encourages you focus on maintaining the social connections that help us thrive and stay healthy, while minimizing physical contact following recommended guidelines.

Below are several apps that are designed to help build online community through shared activity and virtual communication, as well as opportunities to continue to train, stay focused and relieve stress during this difficult time.



Contact the USOPC Sport Psychology Professional team for additional assistance and resources:

Alex Cohen, alexander.cohen@usoc.org Karen Cogan, karen.cogan@usoc.org Peter Haberl, peter.haberl@usoc.org Sean McCann, sean.mccann@usoc.org Sara Mitchell, sara.mitchell@usoc.org Caroline Rodriguez, caroline.rodriguez@usoc.org Lindsay Shaw, lindsay.shaw@usoc.org Every hand that we do not shake, must become a phone call that we place. Every embrace that we avoid, must become a verbal expression of warmth and concern. Every inch and every foot that we physically place between ourselves and another, must become a thought as to how we might be of help to that other, should the need arise. – R. Yosef Kanefsky