

THE PINNACLE EVENT "COME DOWN"

Experiencing an emotional crash following a big event isn't uncommon, whether a positive or negative experience, coming down after the event and re-integrating to everyday life can be jarring for some.

Whether your event ended in triumph, disappointment, or something in between, adjusting back to everyday life can feel unexpectedly difficult.

After months or years of focus, preparation, and anticipation, it's common to experience a wide range of emotions once the event is over.

You may feel:

- Relieved
- Proud
- Flat
- Disappointed
- Emotional
- Excited
- Grateful
- Lost
- Unmotivated
- Unsure of what's next

Whatever you're feeling, you're not alone. The post-event "come down" is a common experience for many elite athletes.

Be kind to yourself by:

1. Give yourself time

There is no "right" way to feel after a pinnacle event. Whether you're celebrating a major achievement or processing disappointment, allow yourself time to acknowledge and work through your emotions. Adjustment is a process, not a race.

2. Lean on your Support Team

You don't have to do this alone. Talk with family, friends, teammates, coaches, partners, or support staff about your experience. Sharing your thoughts and feelings can help you process the event and feel connected.

3. Prioritise Sleep

Sleep remains your most important recovery tool. Travel, jet lag, emotional highs and lows, and disrupted routines can all impact how you feel after competition. Prioritising sleep can improve physical recovery, emotional wellbeing, and your return to routine.

4. Fuel yourself

Look after your body, to look after yourself. Regular meals, adequate hydration, and quality nutrition can positively influence your energy, mood, and overall wellbeing as you transition back into daily life.

5. Reconnect Beyond Sport

Remember that you are more than an athlete. Spend time with people, hobbies, and activities that bring you enjoyment and help you reconnect with other parts of your identity.

What Next?

When you feel ready, schedule time with your coach, Performance Psychologist, or Wellbeing Provider to reflect on the experience.

- Consider:
- What am I proud of?
 - What did I learn?
 - How have I grown through this experience?
 - What matters to me moving forward?
 - What does success look like in the next chapter?

Reflection can help create meaning from the experience and support a healthy transition toward future goals.

Still Struggling to Adjust?

If strong feelings of sadness, emptiness, anxiety, irritability, or loss of motivation are persisting and impacting your day-to-day life, reaching out for support is encouraged.

If you already have a psychologist, consider booking an appointment. All categorised athletes can also access the AIS Mental Health Referral Network (MHRN) at no cost, providing confidential clinical psychology support.

AIS Mental Health Referral Network

☎ 02 6214 1130 (Monday-Friday, office hours AEST) ✉ mentalhealth@ausport.gov.au

Please note: The MHRN is not an emergency service. If your immediate safety is at risk, call 000.

Contact us, we are here to help!

Opals, Boomers and Gangurru

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If not sure who to contact, you can confidentially email wellbeing@australia.basketball