



# **Social Isolation Guide Back Catalogue**

**Championing the interests  
of current and past cricketers**

# Contents

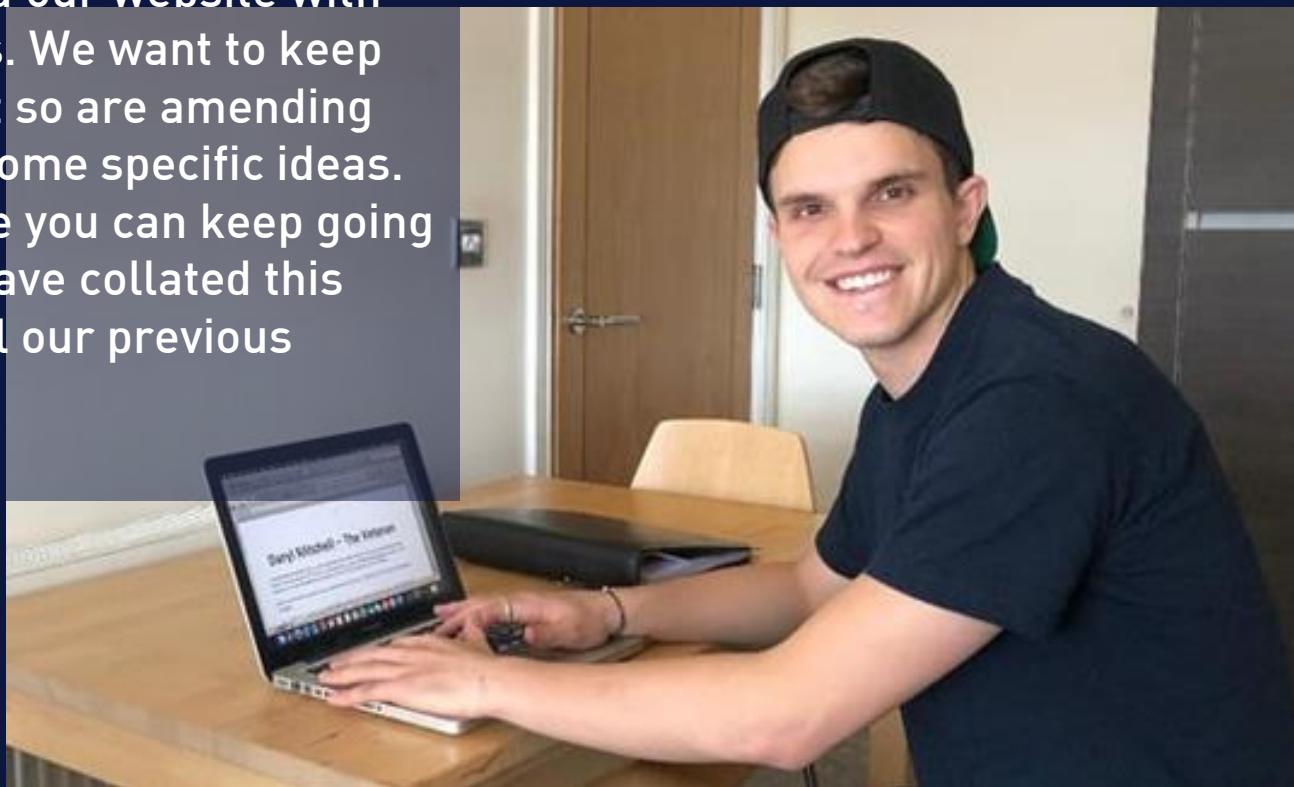
Pg. 3	Introduction
Pg. 4	Career Guidance
Pg. 4	Confidential Helpline
Pg. 5	Support Your Wellbeing
Pg. 6 to 8	Podcasts
Pg. 9 to 11	Recommended Reading
Pg. 12	Online Short Courses
Pg. 13	Mindfulness
Pg. 14	Partners & Families

# Introduction

Due to the Coronavirus pandemic, professional cricketers, like the rest of society, are facing unprecedented times with many already forced into self-isolation.

Disruption to training and every day duties is inevitable so to ease the burden on your mental wellbeing, the PCA has continued to update a guide full of suggestions to keep your mind active and to make use of your time away from usual activities.

Over the first 6 weeks of the lockdown we have regularly updated our website with new courses and ideas. We want to keep this fresh and relevant so are amending our weekly look with some specific ideas. However, to make sure you can keep going 'back to the well' we have collated this back catalogue with all our previous recommendations.



# Career Guidance



## Future Careers Manual

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The definitive guide for professional cricketers seeking new career direction or development of a dual career.



With an increase in free time now could be a good opportunity to start exploring your other interests, understand your skills and plan for your future career.

The Futures Career Manual is a definitive guide to help you with this process. Work through at your own speed with assistance from your PDM.

Your electronic copy can be accessed via your PCA account or from your PDM.

# Confidential Helpline

COVID 19 has fundamentally changed the way we are living our lives. The uncertainty around the future can make us feel stressed and anxious. Furthermore we have reduced contact with loved ones and an impact on our purpose. This can lead to challenges to our mental health and wellbeing. If you need to talk, the hotline is open!



## Free Confidential Helpline

Support for all PCA members is only one call away, 24 hours a day...

**07780 008877**

# Support Your Wellbeing

No one can avoid the unexpected. But these simple steps can help you better face life's uncertainties.

1. **Be kind to yourself.** Some people are better at dealing with uncertainties than others, so don't beat yourself up if your tolerance for unpredictability is lower than a friend's. Remind yourself that it might take time for the stressful situation to resolve, and be patient with yourself in the meantime.
2. **Reflect on past successes.** Chances are you've overcome stressful events in the past – and you survived! Give yourself credit. Reflect on what you did during that event that was helpful, and what you might like to do differently this time.
3. **Develop new skills.** When life is relatively calm, make a point to try things outside your comfort zone. Taking risks helps you develop confidence and skills that come in handy when life veers off course.
4. **Limit exposure to news.** When we're stressed about something, it can be hard to look away. But compulsively checking the news only keeps you wound up. Try to limit your check-ins and avoid the news during vulnerable times of day, such as right before bedtime.
5. **Avoid dwelling on things you can't control.** When uncertainty strikes, many people immediately imagine worst-case scenarios. Get out of the habit of ruminating on negative events.
6. **Take your own advice.** Ask yourself: If a friend came to me with this worry, what would I tell them? Imagining your situation from the outside can often provide perspective and fresh ideas.
7. **Engage in self-care.** Don't let stress derail your healthy routines. Make efforts to eat well, exercise and get enough sleep. Many people find stress release in practices such as yoga and meditation.
8. **Seek support from those you trust.** Many people isolate themselves when they're stressed or worried. But social support is important, so reach out to family and friends.
9. **Control what you can.** Focus on the things that are within your control, even if it's as simple as weekly meal planning or laying out your clothes the night before a stressful day. Establish routines to give your days and weeks some comforting structure.
10. **Ask for help.** If you're having trouble managing stress and coping with uncertainty on your own, ask for help. Confide in a loved one, a close friend or seek support from professional services such as the PCA Confidential helpline (07780008877).

# Podcasts

Podcasts are growing medium that, on the most part, are free audio shows that can be streamed or downloaded. No matter what you are interested or intrigued by there is a podcast for you. Search for them on Spotify, Apple Podcasts, BBC Sounds and many other providers. Podcasts below are recommended by your PDM team and PCA members.

## Must Listen Episodes

If you don't fancy trawling through complete podcast series, try these specific episodes on a range of topics to get you started.

**Undr The Cosh – John Ostembor**

Former Liverpool player Otsemobor opens up about the realities of his transition out of the game, missing the Champions League final and getting shot in a Merseyside bar.

**Yoga, Vulnerability & Vikings, Raising Your Game**

Former Sussex player turned yogi and podcast host Lewis Hatchett is joined by NFL running back Ameer Abduhllah to discuss how meditation, yoga and mindset helps him stay mentally and physically fit.

**The Secret to a Long & Happy Life, Feel Better Live More**

Dan Buettner is a leading researcher into the 'Blue Zones', five areas in the world where the average life expectancy tops 100. In this pod he explains the core functions of their societies that can support you, here and now.

**Chris Wood joins Tony Adams (Sporting Chance)**

Hampshire bowler & PCA Rep Chris Wood bares all in this honest, emotional and powerful pod on his challenges with gambling addiction.

## Cricket

**The Grade Cricketer**

What started as a parody twitter account has now grown into one of the most listened to cricket podcasts in the world. Although mostly focused on Australian cricket, the weekly podcast hosts global cricketers for Q&As as well as a discussion on the wider game.

**Tailenders**

Jimmy Anderson is joined by Greg James & Felix White to look at an alternative and somewhat musical look at cricket.

**No Balls – The Cricket Podcast**

Alex Hartley & Kate Cross explore cricket from a female perspective.

**The Shackles Are Off**

The Barmy Army, and resident quiz show host Jack Brooks discuss up to date happenings in cricket through the lens of the fan.



# Podcasts

## Sport

That Peter Crouch Podcast

Peter Crouch explores his personal experiences of professional football in a laid back, humorous style.

Undr The Cosh

Former professional footballers Jon Parkin and Chris Brown host weekly guests to talk about their footballing stories. Full of old school laughs, the pod shines a light on some tougher experiences pro footballers have faced.

ESPN 30 for 30

A must listen for those who are interested in unbelievable stories that have happened in various sports.

## Coaching & Performance

The Talent Equation

A podcast for coaches who are dedicated to improving their coaching and developing their skills to support athlete performance.

The Sport Psych Show with Dan Abrahams

Dan Abrahams is a leading sport psychologist who hosts people from all fields to simplify sport psychology and make it accessible for all.

The Cricket Mentoring Podcast

Cricket Mentoring take their love for coaching online with regular hosts from the professional game exploring coaching at all levels.

## Mental Health & Wellbeing

Opening Up Cricket

Focusing on mental health and suicide prevention in cricket, Mark Boyns welcomes guests from professional cricket and the wider sporting sector to explore promotion, prevention and therapy strategies.

Feel Better, Live More

Dr Rangan Chatterjee is joined by leading health & wellbeing experts to find simpler, effective ways we can live healthier, longer and more fulfilled lives.

Happy Place

Fearne Cotton takes a look at all the different ways we can maximise our wellbeing.

Sporting Chance

PCA partner Sporting Chance deliver raw and honest stories of professional athletes who have tackled their addictive behaviours.



# Podcasts

## Property

Ask Rob & Rob, Property Hub

Downloaded over 180,000 times a month, Rob & Rob discuss the latest property news and share their knowledge on a different property topic every week.

Inside Property Investing

Weekly podcast features interviews and behind the scenes insights from active UK property investors and service providers.

## Finance

Meaningful Money Series

Pete Matthew discusses and explains all aspects of your personal finances in simple, everyday language.

The Economist

Keeping you up-to-date with the ever changing economical landscape. A good listen for those with eyes to the financial services.

## Personal Development & Transition

PCA Transition Podcast

First hand accounts of professional cricketers and their journey out of cricket.

Career Tools

Explore specific actions you can take to grow and enhance your career.

# Recommended Reading

A good book or magazine can be a great way to break up the day, inspire you or get you started on a new passion or journey. Whilst COVID 19 is providing us all with a little extra time, getting stuck in to some new reading can be a great way to positively use it. Below are a few ideas to get you started.

## Cricket

Back from the Edge, Luke Sutton

Luke Sutton's first hand account of his experiences of the highs and lows of cricket and his experiences with addiction.

On Form, Mike Brealey

Former England captain looks through his cricketing and psychoanalyst lenses to explore form. Ideas that will help on and off the pitch.

## Sport

Athletes Voice

Articles written by Australian athletes from across the sporting spectrum. Everything from performance, mental health, family life, personal development and much more, <https://www.athletesvoice.com.au/>

Players Tribune

Athletes from the USA explore topics of interest in first hand written articles. A great selection of articles for those who enjoy Stateside sports! <https://www.theplayerstribune.com/en-us>

# Recommended Reading

## Coaching & Performance

Gold Dust: How to become a more effective coach quickly, *David & Keith Mayer*

A deep delve into the important of building connections in the sporting environment and how coaches can maximise their practice, approach and relationships to improve athlete performance.

The Gold Mine Effect, *Rasmus Ankersen*

Using his first hand research and experiences, Ankersen explains how teams, organisations and individuals can create high performance environments.

The Talent Code, *Daniel Coyle*

An exploration of research that looks into how talent, rather than being something fixed at birth, can be created, nurtured and developed

Games Sense: Pedagogy for Performance, Participation & Enjoyment, *Richard Light*

An exciting and innovative approach to coaching and physical education that places the game and play at the heart of the learning session.

The Talent Equation

An online resource consisting of blogs, vlogs, podcasts and much more to support coaches deliver engaging, up to date practice.

<http://www.thetalentequation.co.uk/>

# Recommended Reading

## Mental Health, Wellbeing & Mindset

Rebel Ideas, *Matthew Syed*

Examining the power of 'cognitive diversity', this book explores how people can look at the world differently to come up with new approaches and ideas

Mindset, *Carol Dweck*

This book looks at a Growth Mindset can unlock potential through some techniques and strategies that will apply to cricket and off the pitch.

Nudge: Improving Decisions About Health, Wealth and Happiness, *Richard Thaler*

Drawing on psychology and behavioural economics, the book looks at ways we can make small changes to our actions and behaviours to create long term, lasting change

Pig Wrestling, *Pete Lindsay & Mark Bawden*

A creative approach to problem solving written in the style of a fable to ensure you don't forget the key tips.

## Leadership

The 100X Leader, *Jeremie Kubicek & Steve Cockram*

Different approaches to leading others, getting them to follow you and helping them get the most out of themselves.

Mindset, *Carol Dweck*

This book looks at how a Growth Mindset can unlock potential through some techniques and strategies that will apply to cricket and off the pitch.

Nudge: Improving Decisions About Health, Wealth and Happiness, *Richard Thaler*

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## Property

How to be a Landlord: The Definitive Guide to Letting & Managing Your Rental Property, *Rob Dix*

A clear, step-by-step process outlining how to become and effective landlord. Containing useful advice that covers legalities and practical ideas, this book is a great starting point for those looking to find out where to start on their property journey.

Housebuilders Bible, *Mark Brinkley*

Explains everything you need to know about managing a build, buying and using materials, finding and employing the right people - and doing it all without the pitfalls.

# Online Courses

The world of education has never been more accessible and varied. From introductory one hour courses through to degrees there are options for everyone, whether you are dipping your toe into something new or looking to get qualified for industry accepted qualifications. Listed below are some starting points, especially for short, small hour courses. (Note some of these are only available for a short time).

## General Sites

[PPF guide to free courses](#)

[Udemy have over 100,000 video courses](#)

[Open Learn](#)

[Future Learn](#)

[Alison Learning](#)

[The Training Room – Courses include Personal Training, IT and Teaching Assistant](#)

[Dale Carnegie – a number of online courses](#)

[Coursera](#)

## Finance

[ZISHI Online Trading Experience](#)

## Wellbeing

[Yale University online course entitled:](#)

[The Science of Well Being](#)

[The Science of Happiness](#)

## Language

[DuoLingo \(App\)](#)

## Art

[Museum of Modern Art](#)

# Mindfulness



## Thrive

A clinically effective mental wellbeing app designed for PCA members including a CBT programme, breathing techniques, meditation and wellbeing tracker. Download the Thrive: Mental Wellbeing app at Apple or Play Store and get your registration code from your PDM.



## Smiling Mind

A free app providing daily mindfulness and meditation exercises, developed by psychologists and educators to help bring balance to your life.



## Calm

Annual subscription app that provides mindfulness, meditation, sleep stories and relaxing music. Exercises available for various states of mind.



## Headspace

A range of meditation based exercises to help calm your mind. App also includes stress relief workouts, sleep techniques and inspiring stories.



# Partners & Families

The COVID-19 lockdown is limiting what we can all do and whilst it is important to use this time to focus on your needs, your partners and families may also need some things to keep them entertained.

Aards & Cratfs from Aardman Animation

Creators of Wallace & Gromit have created a series of arts and crafts based activites that your children can get stuck into with basic household bits and pieces.

<https://www.youtube.com/playlist?list=PLSkSd-az78Fe4wG4jgFcuSsGqQ5rrqLpJ>

The Shows Must Go On!

Weekly musicals are lives streamed on YouTube every Friday from 7PM and available for 48 hours.

<https://www.youtube.com/theshowsmustgoon>

Dance Steps

Interactive dance classes for adults and children alike.

<https://dancesteps.co/>

Cosmic Kids Yoga

YouTube based yoga classes designed specifically for younger people.

<https://www.youtube.com/user/CosmicKidsYoga>

Scouts & Bear Grylls Activities

Over 250 activities that children can do in and around the home.

<https://www.scouts.org.uk/activities>

Jamie Oliver's Cooking Tutorials

Kitchen fun for all the family with easy to watch and follow cooking videos. Now featuring meals from Buddy Oliver designed for children to get into cooking.

<https://www.youtube.com/user/JamieOliver>

Nestlums: Money training for kids

An app designed to help kids under ten grasp the concept of digital money in a safe and interactive environment.

[www.nestlums.io](http://www.nestlums.io)