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**CSS**

Centre for Sports Science

Crafting Sports Through Science



Sri Ramachandra Faculty of Sports & Exercise Sciences

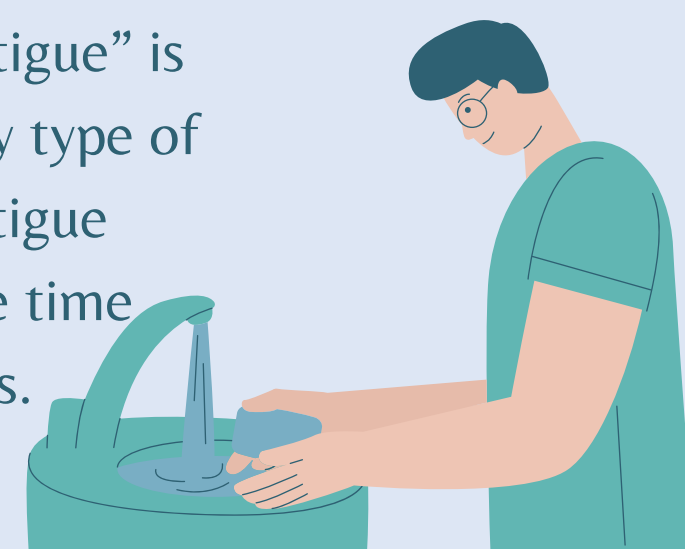
# BIO BUBBLE FATIGUE

35% of athletes deal with mental health crisis.



*The pandemic has magnified these mental health issues in athletes.*

The simple meaning of the word “fatigue” is excessive tiredness resulting from any type of exertion. Similarly, bio-bubble fatigue happens due to spending excessive time inside bio-secure environments.



## Coping strategies

### What is a bio bubble?

A bio bubble is a cordoned off area for players and staff in a team, to protect them from being infected with Covid 19



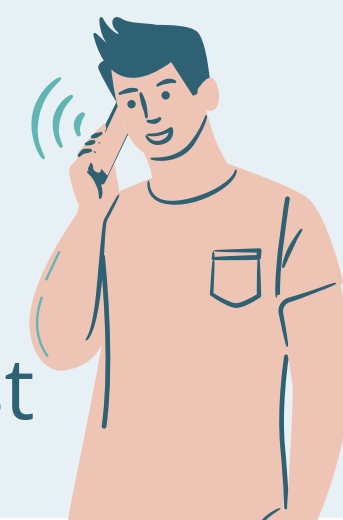
1. Practice positive mental imagery

2. Connect with loved ones via calls

3. Create a routine

4. Practice mindfulness

• Talk to a Sports psychologist



### Players leave their families

Most players found living away from their families for long periods very stressful.



### Regular testing

It is irritating and makes the players very nervous at times.

