

# RESET: A BRIEF SELF-COMPASSION INTERVENTION WITH NCAA STUDENT-ATHLETES

## RESEARCH FROM THE FRONT PORCH

***“RESET IS DESIGNED TO HELP STUDENT-ATHLETES LEARN HOW TO ADAPTIVELY RESPOND TO SPORT MISTAKES AND SETBACKS RATHER THAN MERELY REACT TO THEM.”***

## RESEARCH HIGHLIGHTS

- RESET (Resilience and Enhancement in Sport, Exercise, & Training) was adapted from the Mindful Self-Compassion Program (Neff & Germer, 2013) and consists of 6 one-hour sessions.
- RESET supported student-athlete coping (i.e. increased self-compassion, decreased self-criticism, and decreased fear of self-compassion), well-being (i.e. less depression, anxiety, and stress), and perceived athletic performance (athlete-rated and coach-rated).
- Student-athletes and coaches reported that the adaptive skills they learned from RESET helped them cope with difficult situations in sport (e.g., poor performance) and out of sport (e.g., preparing for a test).

## QUESTIONS FOR PRACTICE

- Sports are full of mistakes, challenges, and setbacks. How can we use the difficulties in sport as an opportunity to help athletes and coaches at our institutions develop meaningful coping skills?
- How might the normalization of failure and validation of difficult sport experiences by my institutions' athletic departments, coaches, and staff impact athletes at my institution?
- How can athletic departments, coaches, and staff at my institution help create an environment where athletes learn how to reset effectively after encountering setbacks?
- What other stakeholders do we need to collaborate with to help support student-athlete mental health and performance at our institution?



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### Additional Resources:

Read the full NCAA Graduate Student Research Grant Final Report: Bouncing Back from Failure: A Self-Compassion Intervention with NCAA Student-Athletes

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