

# Osaka's Bravery through Vulnerability

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## SPEAKERS

Larry Lauer, Johnny Parks

- J** Johnny Parks 00:05  
Welcome to Compete like a Champion. You're here with Dr. Larry Lauer mental skill specialist with USTA Player Development and coach Johnny Parks with IMG Academy. Today's episode is going to be talking about Osaka's bravery through vulnerability. I think we all by now have read in the press and Osaka is withdrawn from the French Open is probably sent a few shockwaves through the tennis world, obviously, who knows what maybe some of the aftermath and changes may be the soccer brings to the sport through media interviews, or how the two organizations WTA and ATP handle athletes, players that are struggling with maybe some mental health issues whilst being on the tour. Or you hope it may be strives for positive change. But we won't know until later on. But But Larry, this was, you know, this is obviously something that came out was a was a big shock to everybody. But at the same time, I think everybody recognizes the bravery that Osaka showed through her decision to withdraw to protect her mental health. But anyway, just initial thoughts before we dive in here.
- L** Larry Lauer 01:07  
Yeah, JP, a couple initial thoughts. One is how much mental health is becoming a part of the conversation in pro sports. You see it in other sports as well, where there's much talk about it, Kevin Love Michael Phelps, many athletes are talking about mental health. Second, I think it just goes to show that as much as how Naomi Osaka kind of is shy and

wants to keep things private, she's also communicating open, open and honestly about certain issues and certainly create a stir amongst the media. And she's bringing important issues to light, and really being ball open about what she's going through. So showing a lot of like you said courage there and got to give her credit for her honesty and willingness to, to share those things. Because most people aren't going to share, you know what they're going through mentally, it's a very personal thing that she's going through in a public environment now where there isn't much privacy. So that's got to be tough to be going through that and being you know, the position that she's in on the WTA tour and rank so high. And I think that hopefully what this does, is gets people talking about the mental health and well being of all, and what we can be doing to support one another, really put people in a position where they get the help that they need, that were empathetic towards that and and certainly know that people get to help me to get better and to be able to strive again to thrive again. So, but I don't think that the conversation should be that, you know, Osaka has problems. This is something the athletes are talking about that many athletes are struggling with issues at different times. And, you know, we need to really take a look at this and make sure we're supporting the athletes. And they have the help that they need.



#### Johnny Parks 03:19

Yeah, absolutely. And we definitely will dive into that here shortly. And just to bring everybody up to speed. I mean, if they didn't know that sort of chain of events, or the timeline of events is right before the French Open started, Osaka released a statement basically saying she wouldn't be doing postmatch press conferences, citing the does, it almost emulates especially after a loss like being being kicked in the head when you're down. There wasn't great. So basically, after her match, she won her first rounds against Patricia Tig, and she was fined \$15,000 for not during the post match media. Later that day, a joint statement from all the Grand Slam organizers said Osaka could face expulsion from the tournament if she continued to avoid them, citing that they had reached out to her and there was no engagement back. And that, you know, every player had an obligation to fulfill with their media duties. And I think the reason their grand slam organized obviously do that is to make sure that those media obligations are equal among every player, so that everybody is on the same playing field with having to fulfill those responsibilities. So it was clear that the Grand Slam organizers came together to talk about that along those lines of making sure it was equal and fair for everybody to fulfill those obligations. But then later, right after that statement was Osaka announced her withdrawal, saying she was going to take some time away from the courts. And that when the time was right, she really not quote her when the time is right. I really want to work with the tour to discuss ways we can make things better for the players, press and fans and, you know, I think obviously, Osaka the timing of what she said and when she

came without I don't think she, she meant this to put more spotlight on herself. I think she was just doing it in a way she she'd mentioned that she's, she's suffered with long bouts of depression since the US Open win in 2018. She's had a really hard time coping with it. You know, she talks about how she was an introvert. And anyone that's seen her a tournament, she's often just wearing her headphones, keeping herself helps in her quote here helps her dull, her social anxiety. You know, and then she did mention how a lot of the press that have been kind to her, she apologized to them. And she wasn't a natural public speaker. And she has huge waves of these anxiety before she speaks to the world's media. So, you know, there's a lot of stress lines, a lot of anxiety in there. There's there's personality traits that are obviously not natural for her to come out of her shell to speak. And, you know, there's a lot of things I think that raises, but you know, let's go down a couple roads here, Larry, and I've you start off with your, with your, with your chain of thoughts with with this reaction?



**Larry Lauer 06:02**

Well, I think that we have to start looking at mental health, similar to physical health. And I know that Dr. Hanlon NCAA talks about this, but just just mean to really have the conversations or realize that we need to get treatment and get help, just as we would for a physical injury, and we would treat it seriously. So if a player is struggling with a physical injury can do certain things, then they can't do them. And I think it's the same shouldn't be the same with mental health. Obviously, sometimes it's harder to recognize what's going on with someone or to know what's happening. But if someone's stating that they have issues, high anxiety with social situations, and at these press conferences, really you sort of emphasize that and put that into a higher level of anxiety, then, you know, I think there's a real conversation that should be had about what's best for the player. And I know it opens up Pandora's box for other things to come up because not every player wants to do those press conferences, but I think you need to at least do what you can to really support the players and make sure that not only are they healthy on the court, but also off the court. So but it's a sticky conversation, because you can see, you know, also the perspective of the slams, as well and the obligations of the players. But I do think there can be and shouldn't be exceptions when it comes to someone's well being.



**Johnny Parks 07:40**

Yeah, absolutely. And you know, we don't have the inside scoop on what level of support the players get ATP/WT level. And you know, some players have come out in support of Naomi. Some people some players have come out saying is sort of part of the duties. But I think one thing this does raises the vulnerability of players and I want to harp on the personality traits a minute here, because it's it's really interesting. And I've got, you know,

close friends there at the USTA and friends here IMG with very young children that they're getting into sports right now. And even the ages of six and seven, eight years old, they can start seeing maybe some personality traits come out in their kids in the way that they handle either playing on a team sport like soccer versus when how they are maybe individually. You know, in some, you can, you can see even at those younger ages, and I've actually had conversations with parents in the past about this too, is I think parents pull their kids out of team sports when they see them that they don't like the limelight. And a good example is talking to a good friend about this the other day is their child scores a goal in soccer and everyone's cheering and the the kid doesn't celebrate runs back to their own half. And basically when asked, they go well, I don't want it's embarrassing. I don't want people looking at me, right so you can even see those younger ages how some kids as personality traits may be maybe a bit more inclined that way and I've had conversation parents in the past how they've pulled their kids out of sports, team sports because they've seen things like that in their child and thinking well, maybe an individual sports more of the way to go there. Now how every parent handles that I mean, I'm going to have to do that here and off soon. And figuring that out. But I can say is there as you can then touching on how you deal with that as parents and how we deal with that as coaches. Even at those younger ages we have to be very delicate in what we are the messages that we are encouraging and how we're nurturing different personality traits because if we were to get angry or disappointed that they weren't showing more like positive emotion after scoring a goal, they the child might actually take that negatively or you know it might turn them off things altogether. I know this is going off a bit of a tangent but it just shows even at those younger ages that it is delicate and it is it is a tough is a tough situation to be dealing with as a parent or as a coach and how to handle those situations, but introverted personalities are the ones that are likely not to say anything, they are ones that are not likely to initiate conversations. Because these find those really tough, they find it tough, being on the, in the spotlight in the limelight, even if it's just three people looking at them on a sideline, and that can be very stressful and very hard for for any individual to take. But yeah, so I want to get your thoughts on personality traits. And if it's easier or harder for extroverts versus introverts to address these issues, if there's, you know, different different avenues that open up here with different personality traits, but you know, what's, what's your perspective?



Larry Lauer 10:41

Well, in just going back for a moment, you know, WTA and ATP have resources, and they do WTA staff to help with behavioral health. But you know, how players use that, and how much they can do is another thing, but you're going to your your statement here about personality traits and sort of kids and where these things start coming out, you start to at least when you start to see them, because a lot of your personality is, is written in in the

first couple years of life, but it for sure, an extrovert is going to thrive in those social environments, they they like the conversations, they like to talk, they like the attention often introverts going to, it's going to be harder for them, they're going to go internal, which is going to look like they're not being responsive, they don't want to communicate, but this is how they sort of process things. And, you know, we have champions are introverts, we have champions, champions are extroverts. Now, obviously, we see that in tennis. So I think that the other thing we got to think about is that if you're an introvert, you can play team sports, it's just going to be how you interact with your teammates, it might not be, you know, in an extroverted way, and that's totally fine, you know, creating comfortable spaces for all players to play. And so, you know, coaches and parents being aware of this, and understanding the different kids in your teams who, some want that limelight and want the attention and they want to be the one that's giving the demonstration in front of the team and practice and all those things but and others will not. And I think being aware of that, and then what you try to do is in positive ways, try to challenge the young person not to celebrate after a goal, that's not something they don't feel comfortable with, but to engage with their teammates to feel comfortable showing off their skills, things that are, you know, important for, you know, being able to produce their sports skills or communicate with others. So people can change, let's say, saying that you're going to make an introvert an extrovert, it's hard to imagine, but I think you can be an introvert and get more comfortable in social situation, you can manage it, but it's gonna take it takes a lot of energy for those people, to people will say, well, maybe you should just put your kid in team sports, I'm not a every, every is going to make their own decisions, and they know their own personal situation best. But I'm not a fan of that. Because I think that, you know, in most cases, just because it's uncomfortable, doesn't mean it's right, the pulling out of that they're getting benefits in other ways, because they still like being around other people, they might just engage with them differently. They're going to be the most talkative person, they're not necessarily gonna be the one who's up in front of the group calling attention to themselves, but they can still enjoy team sport and get a lot from it. So you know, I think we just have to be careful with that. Putting kids in the box and say, Well, this personality should play this kind of sport. Now, I know that's not what you're saying. But getting back on point with that is people can change. People can manage anxiety, they can manage depression, but it's probably going to take a larger effort, if you're dealing with those things going to take a larger effort is going to be harder for Osaka to go into the press conference room than someone who really enjoys it and is extroverted and loves that environment.



Johnny Parks 14:21

Yeah, those are great points. And one thing I wanted to another thing ask your opinion or your thoughts on is the dynamic between maybe a more of an extroverted coach, or

parent and having a extremely introverted child player. And that dynamic because I just again, I know, I don't really have the science to back this up from that from a dynamics standpoint. But what I've what I've witnessed and what I've seen is a personality struggle. There were a coach who is an extra extroverted, who may be a little bit more loud, more, you know, a little bit more animated. Maybe a coach that has a bit more of a frightful tone, let's say, even though if that's not their intent, and seeing how that really puts an introvert a little bit more into their shell. And I think we've seen examples on on the pro tour where coaches and players have split up through, you know, differences of differences of opinions of differences of personality. And I've seen a couple examples, which I wouldn't really call out of why teams have split up. But you've also seen in team sports, the coach that shouts a lot, and what that does for players in quitting, you know, that's why we have these stats on how many kids quit playing sports by the age of 12, or 13. Because they just don't get on with that type of personality. And so it must be tough, especially for young people who are still developing their social and emotional traits at a young age, it must be tough for them, to figure out how to deal with a very extroverted type of figure in their life, as it's not their maybe their natural tendency to connect with somebody like that, versus somebody that's a bit more surrogate. And I'll give you one classic example. I know my brother won't mind me bring this up. But my brother, you know, he's a bit more out of his shell now, he's a lot older, whatever. But when we were kids, he was extremely introverted. He was in his own shell didn't speak a lot. I was the extroverted one, as you could probably tell the far more outgoing one. Now, I didn't mind a coach that would like get on my back. I didn't mind it, that actually, like motivated me a bit more. It actually like made me think, as I'll show you type of mentality. My brother, however, you know, it didn't didn't really take to that. So he had to have someone that was a bit more soft spoken that would help him out in a more of a, I guess, a calm away. And in college, that was the same, we had to, you know, we both played at University of New Mexico were two phenomenal coaches. And Alan and Lauren Dells who were twins, Lauren was a bit more animated. And Alan was very quiet, a bit more reserved in when he spoke and how he said it. Now, Lauren, I love I love both of them on my court. But Lauren, you know, Lauren, I loved it when he got on my back a bit more. So you need to step up here, this isn't the way this isn't the lowball way, like you need to step up as like, Alright, I'll show you, I'm going to step up and do it. Whereas if you did that with my brother, my brother would almost go into a bit of shutdown mode. So Alan ought to be on his court, and to help him help him through, you know, look, him give him a little bit of a calm more of a calming presence on the side of the court. So anyway, that's just through my, what I've witnessed, and that always seems to be the dynamic and it could go the other way, too, you got an extrovert that maybe doesn't take to an introverted coach or parent figure as much. But anyway, I'll stop talking now and see what your thoughts are.



**Larry Lauer 17:51**

It's an interesting kind of thought flow we got going here. And I think, you one thing is that, you know, introverted people, some won't mind being pushed, and some will, I think, obviously, you know, those, you know, personal relationships, those interactions, you know, they're gonna they're going to not prefer being put in the limelight as much or having to be the one that talks to in front of the team or there's gonna be certain things but they can get comfortable with it for sure. So it's, it's not one on one in the same where, you know, there there are introverted people who don't mind that, that more extroverted push that now what again, does, it can make them uncomfortable, and they may learn to manage that. But it is an interesting conversation about if you have an extroverted coach with the introverted player or vice versa, can they work together as well as if you have introverted introvert extrovert extrovert, I think I don't think it matters. Honestly, too much. As long as the adult is really the one, it's aware that look, I need to make sure I'm interacting this person away where they feel comfortable, they can communicate, but also got to push them a little bit, and I got to challenge them, you know, in ways that they are accepted. So, you know, I think the biggest thing JP is that it brings to mind that we need to be more aware of just how people do communicate, how they interact. They're who they are, as people are not just assuming that everyone should respond the same way to my coaching because this not not the case. So we need to know the person I think is what we're saying, need to know the person what they're going through and then as we should be the more mature, capable of adapting our approaches compared to younger kids and a teen so finding a way to connect with them. Make it a safe space, make it comfortable, and yet at the same time challenging them because again, They can change, they can manage these situations to a degree. And then obviously, it's a challenge, you know, certain situation like speaking in front of people or being grilled with questions in front of the world, right? Now that you give someone you know, someone who has social anxiety, they have anxiety in social situations, that's, that's putting them in the lion's den that's putting them in, you know, now you're being having to talk off the cuff in front of the world? When you're already anxious about these kind of interactions is tough, especially when you are now a role model. Everybody's looking up to you, you make a misstep, they bring you down quickly. So it's tough. And, you know, I think we need to be aware of that, you know, going back to the kids and teens, coaches, get to know these kids, talk to their parents and find out how they interact and create a safe space for all kids to be themselves and challenge them, you know, to be able to manage some situations that are uncomfortable that are inherent to life into the sporting environment.



**Johnny Parks 21:11**

Yeah, that's that's so important. Was that well, what you've raised there, as also brings up, I guess, what a big part of yours. And my job is mine, I guess? Well, it not, I guess it is more



on the physical side, it was more on the mental side. But what we do is more preventative and preparatory work. And I think, how the physical realm like with athletic development, strength conditioning has been seen maybe in the past is very similar to the mental side, which is, you know, if you don't do a lot of strength conditioning work, or athletic development work is preventative in terms of making new, stronger, healthier, physical, physical athlete, and you don't put in the mental preparation work as well. Then you go in, you know, from the physical side, you wait till something breaks, and then you go see an athletic trainer or a physio, and then on the mental side that, you know, we've seen this for years where they keep choking when they're under pressure. So now maybe we should go see a mental specialist. I was like, but I think the biggest part of the work that we do is to get in early with the athletes to help them be healthier, more resilient, dynamic athletes, and that isn't just physically right, that's mentally to as mentally healthy. So being able to go through mental strategies, you know, we talked about this in the past and going into depth with it with with the breathing and the meditation, the visualization, finding quiet times to be at one with your thoughts to organize your thoughts. You know, there's many different strategies that I know you use Larry, and like on the physical side, all the work that we put in to helping players become better tennis athletes, is also preventative work and making sure that they stay healthy, and keep them on the court in a healthy, fun, dynamic way. So I think we need to remove this perception completely. Now it's time to move past this perception that you only go and see somebody when something is broken, when it needs fixing. And that isn't just physically that's mentally too. And I think if anything, this raises the awareness to the importance if I go back to my parallel to engaging with younger athletes, as they're becoming and growing and you know, sort of growing into who they are? I think the way in which we deliver sessions, again, both physically and mentally is important. This is why understanding growth, development, maturation is vital for a coach. But from that perspective, is getting in on the ground and almost helps that young person normalize, that it's part of what they do. They're committed if they're wanting to commit to a performance worlds, a high performing world where the stresses are higher, the company because of the competition demands the training demands, then this is part of it. This is what we call a holistic approach. You know, a holistic approach isn't just a fancy word that we ingrain in to sell something. a holistic approach is making aware that the physical, the mental, emotional, social, technical, tactical side of the game is all absolutely integrated. It all connects and works together. The earlier we can get in the ground on helping work on strategies and as we know, progression that goes from more simple to complex. And we can deal with the complex as we work through more the simple but we can deal with the complex as we grow and develop and mature a lot more physically, mentally. This raises that the importance of preventative work and starting at a younger age, in making it part of their daily practice.





Larry Lauer 24:31

Yeah, very good points you're bringing up JP, if we get in at a young age and start having the conversations and start teaching the skills and we build a habit of these young people communicating when they are struggling, but also just communicating on a regular basis about how they're doing and what they're doing and how they're feeling. And having that awareness of what's going on allows us to support them, but also For them to get answers to their questions to know that they can handle these situations that come up in sport in life. And so that's it's important to make it a part of the conversation early, that it's not weird that to talk to someone else about how you feel, especially a professional, that actually can benefit you a lot. Even if you're doing well, it would be great to go talk with somebody. Now some people think, Well, you know, you start talking about you might overthink it. But I mean, timing is everything. Of course, I'm not suggesting someone who, you know, is going to play an event in two days that they suddenly set up an appointment with a psychologist and go see them and talk about all of life's issues and how they feel. But if you need to, you need to do that. But if you're doing well, you would still benefit from seeing someone talking to them. That's your choice. But if you build that up this preventive approach, you're talking about JP, then it's not such a fall drop when you are beginning to struggle, because you have that outlet, because you have someone to vent to they can give you the third party advice, you have that support. And again, you know, a lot of people get this from their parents, they get it from family members, they get it from other adults, which is great. However, a professional who does this for a living who's trained to do it knows the questions asked knows the signs and symptoms, knows how to move you through to get you the help that you need. So that's important to understand. But no doubt summarizing that getting getting the conversation started early is important. And in what does that mean? That doesn't mean you you start looking for how people are screwed up, you talk about who they are and their interests and things are dealing with and how they feel and helping them understand that they have this strength within have the capacity to be resilient to the adversity in life to how they feel about things. These little things, you know that we don't control everything that happens to us in life, but we control our response to it. And what choice do you want to make. And so building up that resilience, that understanding of the reality of what I do have control over. So I think there's lessons that can be taught at an early age or skills like breathing, like imagery, visualization, focusing on process goals and getting better, and how to do that self talk, how you talk to yourself. These are all things that should be brought in an early age that are massive for, you know, a young person to deal with situations in a good way. But again, without getting too far off course, I would encourage everybody to take that preventative approach. And I'm not I'm not saying go and set an appointment right now. But it should be someone you, you should have someone in your sort of short call list that you can call and get advice. If you're a parent or a coach, for sure. You know, a psychologist, a psychiatrist, a therapist, a mental coach, I know there's not always a

mental performance coach, where everybody is listening now, but you have other professionals who can give you feedback on, you know, kids and their behaviors and what they're dealing with stress and anxiety and depression, all these things are questions that you have. Secondly, it's okay to talk about feelings, let's not be afraid of that. It's all right. If someone's struggling, let's give them the help that they need. We don't need to overdo it. But we also need to be aware of what's going on and start really having the conversations versus avoiding them.



**Johnny Parks 28:49**

Great messages there. Lazur. And I know we're running short on time here. So So coming back to the title of the podcast and some advice that you could give to people out there is what's maybe biggest piece of advice you'd give to people that who are feel vulnerable, who feel scared to initiate those conversations struggle struggle with those anxieties and initiating conversation if they know they feel like they do struggle with the stress and anxiety and they do feel vulnerable in certain situations. How can we encourage them to take action in the right way that they feel comfortable with? Potentially show show some of that bravery that Naomi was able to come out and show and do in the face of this vulnerability?



**Larry Lauer 29:37**

Well, Osaka is a great role model for our athletes that willingness to step up communicate, even though she's very uncomfortable shows a lot of inner strength, a lot of toughness, because was what she's dealing with and then to be able to do well she has done is totally impressive. So credit to her. I think we should we should look at that and say instead of focusing on whether or not athletes should be doing press press conferences, we should be focused on how can we best support athletes who are putting themselves in competitive environments where there's a lot of evaluation, there's a lot of judgment, social media, just takes the stuff and puts it on fire. So how do we support these athletes through these situations? You know, it's not just a matter of tough it out. And in fact, what we're talking about on this podcast JP is that toughness is vulnerability. That's that strength that if you can be vulnerable, you become stronger. So that's where maybe the message will begin is that sharing how you feel being vulnerable actually, is showing great strength. Okay, it's not a not a sign of weakness, because no one's perfect. Everyone has stuff that's going on in any moment, you could be thriving, another moment, you could be struggling. So it's not like some people struggle, and others don't completely know everybody has their mental health, things that they're dealing with in any given time, just the way it is. So let's start having those conversations. Communicating how you feel, being vulnerable, is strength. Now, secondly, I would say is, especially to the young

people out there, have someone you can trust, build a relationship with someone that you trust that you feel you can go to, that will listen to you hear you good advice, but really has your best interests in mind, that's so valuable to have a mentor, a friend, someone you can trust in, that you can share what you're feeling so important. Don't hold it in, don't be to yourself, really go to someone that you trust, it may not be easy decision to go to a parent, even though as as a parent, I would want that, but have someone you can trust, then I would think third, going and seeing a therapist, Counselor, psychologist, psychiatrists and mental coach, whatever you call them, it's actually quite therapeutic. That's why they call it therapy in many cases, because you get to work through things, you get to organize your mind, you get to get it out of your head. It's almost like this puzzle that's completely out of order in your mind. You help yourself by getting out shared to someone that can reflect it back to you and start to organize that puzzle in your mind, when in fact, much of what happens in therapy or in mental performance coaching is we're just listening to the athletes, and helping them understand their strengths and how they can deal with what they're dealing with. We're not magicians, we, you know, we don't suddenly create something that is an elixir for all ails, it really does come back to the person that we're there to listen to support and help them deal with stuff. So kind of think of that that person is your confidant, your supporter, but someone who's going to be straight up with you and tell you also what you need to hear. And honestly, not what you want to hear. So having a third party person, whoever it might be that professional, is extremely valuable. I'm not going to get into whether or not right now, you should see someone, it's really not my role. But what I would say is, it never hurts to talk and communicate about these things and get them out. What I'll just say is make sure it's someone that you trust. And if you're struggling, reach out and get help talk to your parents, you will find that people want you to be healthy, they want you to be doing well. And they're going to hopefully do the things it takes to get you the help you need. It's a it's a tough conversation, it's it's a very individual private thing that we're talking about. And so all soccer coming out again, brings it into the press brings it into the limelight, and just shows that these are things that we need to be talking about, and dealing with so that our athletes can do what they're trained to do. And that is to go out and have fun competing.



### Johnny Parks 34:00

Absolutely. Lazur these are such important messages and thanks for expanding on them. I think one of the most impressive things to see right now is how many you know the support network around niomi people coming out on social media and over supporting her telling her to hang in there stay tough be keep staying, you know, brave because that's that's the important part of vulnerability too is I use said having that support network around you seeking out people that you know, you can have a you know, a shoulder to cry on all knowing who to go to for what is important to start formulating maybe in those

younger years and then having that that support network around you as you get as you get older, as is your trust. You know, that's your trust network. So really, really great, important points. You've highlighted there, Lazarus, so appreciate all of that. I think it just dropped the mic though on that. Right.



Larry Lauer 34:53

I think I'm good. You know, certainly, you know if someone's out there struggling. There's things that you can do to find support. For example, if you go to the American Psychological Association, there are therapists finder, you can find a therapist in your location. So that's probably one of the best ways to do that. That would be a place to look, you can find highly qualified, qualified people around the country who, you know, can help you, you can set an appointment with so I would encourage, you know that instead of dealing with it alone, because that's where it's tough, because, like I said, sometimes we get up in our own heads and we can't really organize the noise, and then it gets hard. And so you do need to communicate, you need to reach out that strength, and you're going to feel much better once once you do do that.



Johnny Parks 35:49

Well Lazar, I think that wraps this week's episode up of compete like a champion. If there's any message you can take here is support network. vulnerability is strength. toughness is shown in many different ways. And this certainly is one of those ways. But if you want more information and you want to reach out to us you can you can find Dr. Larry, on Twitter at Larry Lauer. You can find myself at Johnny Parks one you can reach messages anytime for more information and to find resources around you know mental skill strategies you can go on play development.usa.com you can obviously also reach out to Larry directly who can point you in the right direction to if you if you're struggling finding those but yeah for this week's episode of Compete like a Champion, Dr. Larry and I are checking out.