WHEN THE SEASON ENDS

Managing the end-of-season low

After the final chequered flag, the change of pace can hit hard. Missing the routine, the crew and the sense of purpose is real - whatever your results.

NOTICE THE WARNING LIGHTS

- Feeling flat, restless or unusually irritable
- Missing the track, teammates or routine
- Replay of mistakes or disappointment
- Sleep changes, withdrawal or risky coping

TAKE A PIT STOP - FIVE THINGS TO DO

1. Name the change. Tell a mate: "I am struggling with the season finishing."
2. Keep your crew close. Plan a catch-up that is not about race results.
3. Build a new weekly rhythm: sleep, meals, movement and something to look forward to.
4. Reflect without beating yourself up. List what you learned, not only what went wrong.
5. If low mood persists or affects daily life, book time with your GP or a counsellor.

RECONNECT BETWEEN ROUNDS

STAY PART OF THE COMMUNITY

Catch up at the shed, help a teammate, volunteer or try a low-pressure motorsport activity.

MAKE SPACE FOR OTHER THINGS

Reconnect with family, interests and friends outside racing. Rest is part of recovery.

IF THINGS FEEL HOPELESS OR UNSAFE

Tell someone now. Lifeline 13 11 14 (24/7). If there is immediate danger, call 000.

RACEMIND AUSTRALIA
STRONGER MINDS. STRONGER FUTURES.

BACK YOUR MATE

IF SOMEONE IS STRUGGLING AFTER THE SEASON

Drivers, crews, officials and volunteers can all feel the gap when racing stops. A simple check-in matters.

1 ASK

"How are you going now racing has finished? What are you missing most?"

2 LISTEN

Make room for disappointment or loss. Do not dismiss it as "just racing".

3 CONNECT

Invite them for a catch-up, agree to check in again and help find support.

MAKE THE OFF-SEASON MANAGEABLE

THIS WEEK: Contact two people, plan one activity and keep regular sleep and meals.

THIS MONTH: Set a realistic project or non-racing goal. Include time off and money limits.

FOR TEAMS & CLUBS: Organise a low-pressure social catch-up and reach out to anyone who has gone quiet.

KNOW WHEN TO REACH OUT

Feeling flat after a season can be a normal response to change. If symptoms last, intensify or interfere with work, relationships or daily life, seek professional support.

If someone talks about suicide, ask directly, listen and help them connect with immediate support. Do not leave them alone if there is immediate danger.

YOU DO NOT HAVE TO WAIT FOR A CRISIS

Lifeline 13 11 14 (24/7) | Beyond Blue 1300 22 4636

Kids Helpline 1800 55 1800 | Immediate danger: 000 | Talk to your GP