

Strong mind.
Unstoppable
performance.

2026 Mental Health
Toolkit: Team Canada
Edition



140 years Homewood
Health

Official Mental Health Services Provider
of the Canadian Olympic Team

Our Commitment to Mental Wellness in Sport

We are proud to announce that we are the official mental health services provider for Team Canada and the Canadian Olympic Committee (COC) athletes, employees and their families. This national-level endorsement reflects the gold standard of care we deliver—care that is also at your fingertips through homeweb.ca.

Explore this toolkit to learn more about the techniques and tools used by Team Canada athletes to maintain their peak mental health and how they might apply to your daily life.



Champions' Mindset with Olympic Medallists: Isabelle Weidemann and Mikaël Kingsbury

As we support the mental health of our Team Canada athletes, it's important to recognize that anyone can face mental health challenges. We sat down with Olympians Isabelle Weidemann and Mikaël Kingsbury to discuss this very thing.

Isabelle Weidemann; veteran Canadian speed skater and three-time Olympic medallist is known for her standout performances in long-distance events. She admits that her road to greatness was not always mentally easy.

“It comes out as a panic attack for me where I can’t feel grounded... We have a few members on our staff that know that I experience these now...so when I start to feel this like disassociation that happens or like slipping of reality, I can go and find one of these people and they will help kind of hold me in the space.”

[Learn about Isabelle's story - watch the full video here.](#)



Mikaël Kingsbury is the most decorated moguls skier in history, including 3 Olympic medals and 99 World Championships and he is playfully known as The King of Moguls. He attributes his extensive success to the solid team around him, years of hard work, mental perseverance and his ongoing mental health coach.



“Everyone sees the wins. But what they don’t see is the mental work behind them. Mental coaches. Mindset training. Solid people in my corner. That’s how I stay sharp. Mental health isn’t optional. It’s part of the grind.”

[Learn about Mikaël's story - watch the full video here.](#)

Click above to watch the full videos on Mikaël and Isabelle's mental health journey, as they aim for another podium finish in the Milano-Cortina 2026 Winter Olympic Games.

Physical Health and Mental Health: Understanding the Connection

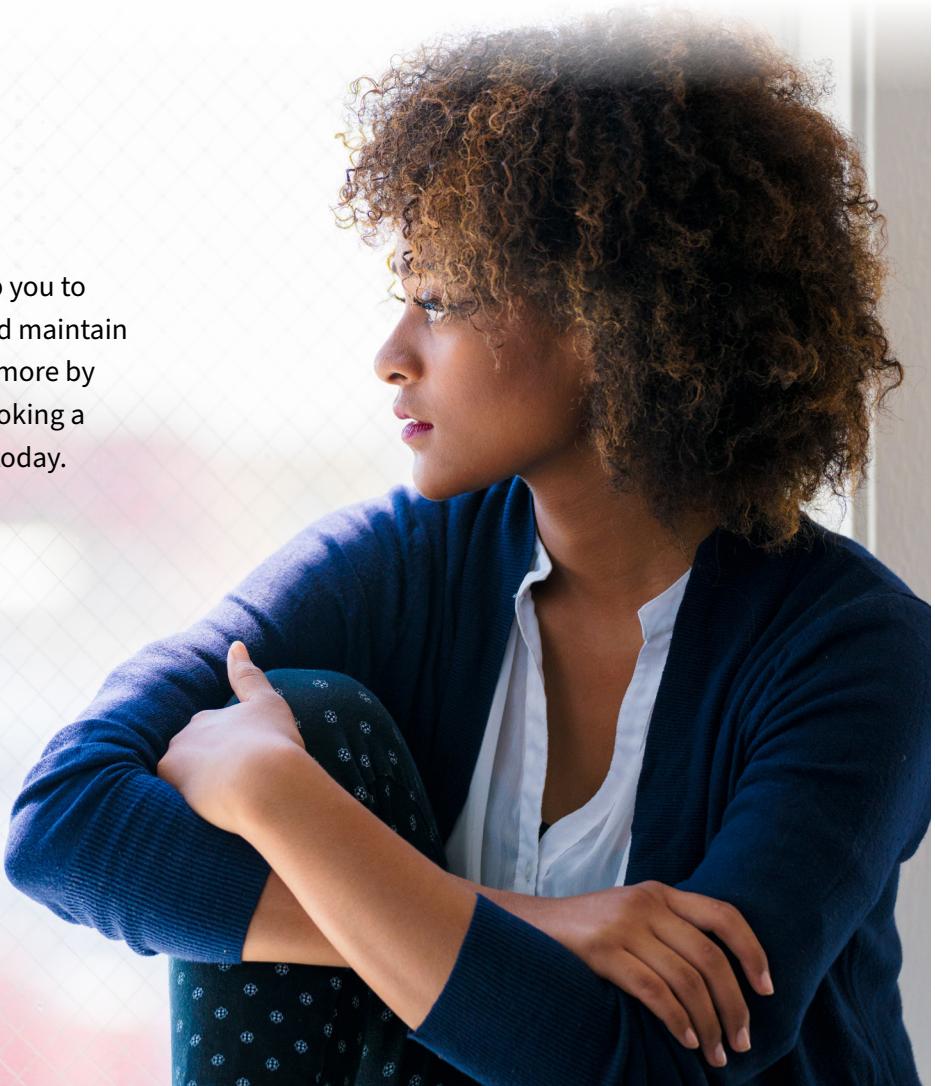
As we age, staying active and prioritizing mental wellness becomes even more important. In Canada, anxiety disorders and depression have risen over the past decade, making mental health awareness and goal-setting more crucial than ever. Setting a realistic, attainable mental health goal is a great place to start. Here are five simple steps to guide you:

- 1. Identify a concern or opportunity** – Pinpoint a specific area, like anxiety, you'd like to improve.
- 2. Consider the benefits** – Imagine how achieving this goal could positively impact your life.
- 3. Choose your approach** – Decide whether self-help tools or professional guidance work best for you.
- 4. Explore your options** – Research therapy types, counsellors and providers that fit your needs.
- 5. Stay committed** – Progress takes time, so acknowledge that this may be a continued journey.

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Speaking to a professional can help you to learn effective techniques to set and maintain your mental health goals. Find out more by registering for homeweb.ca and booking a mental health counselling session today.

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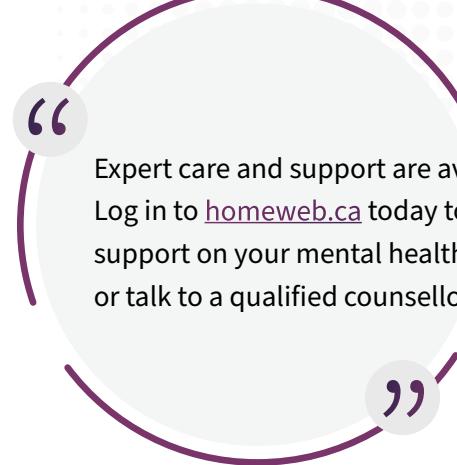
Check Yourself Out!

Prioritizing your mental and physical health is key to living a fulfilling life.

Have you checked in on your mental health today?

Ask yourself the following:

1. How am I really feeling mentally and emotionally today?
2. Have I taken a proper break away from my screen or workspace?
3. Have I moved my body or been outside for some fresh air today?
4. Have I set healthy boundaries between work and personal time?
5. Have I connected with a colleague or someone I trust today?



Expert care and support are available. Log in to homeweb.ca today to access support on your mental health journey or talk to a qualified counsellor.

If you responded negatively to 3 or more questions, it may be time to find more balance in your day. Check out our Homewood wellness series, starting with this [guided mindfulness video](#).

A Mental Health Moment by Homewood Health

Mindful Breathing for Stress Relief



Experience the power of care



Get Your Body Moving!

Strengthening your body can also help strengthen your mind, and vice versa.

Are you maintaining your physical fitness? Complete the quiz below:

1. What's the biggest reason you don't exercise as much as you'd like?

- Lack of time
- Lack of motivation
- Lack of support
- Lack of access or resources

2. What makes it hard for you to stick to a fitness routine?

- Lack of time
- Lack of motivation
- Lack of support
- Lack of access or resources

3. When you plan to be active but don't follow through, what's usually the cause?

- Lack of time
- Lack of motivation
- Lack of support
- Lack of access or resources

4. What do you think would help you the most in becoming more active?

- More time in your schedule
- More energy or inspiration
- Encouragement from others
- Better places or tools to be active

5. What barrier do you feel is most out of your control right now?

- Lack of time
- Lack of motivation
- Lack of support
- Lack of access or resources

Your barriers to physical activity usually fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources.

Here are 4 Ways to Get Moving Today

1. Take a 10-Minute Walk After Meals - Head outside after lunch or dinner; a simple way to improve digestion, get fresh air, and even bond with loved ones.

2. Turn Chores into Mini Workouts – Yardwork or tidying up can be active and fun -make it a timed game or challenge to boost energy.

3. Stretch or Move as Often as You Can - Between meetings at work, or while watching a show at home, do light stretches, squats, or even seated leg lifts!

4. Schedule “Movement Breaks” Together - Set a timer every 60-90 minutes (especially if you’re working or studying) and do a quick round of jumping jacks, dancing, or a walk around the office or house. These “movement snacks” keep energy levels up all day.

At Homewood, we have physical fitness coaches that can help you find ways to overcome barriers related to time, motivation, support or access. Call us at 1-800-663-1142 and ask to be paired with a fitness coach today.

Homeweb Access Guide

Watch Now: Homeweb Registration video

Homeweb Registration Process



Experience the power of care



Homeweb Registration

1. To access your employee assistance, mental health and wellness platform, visit homeweb.ca and select "Register"
2. Then, under "Create a Homeweb Account," enter your organization's name and click "Find It!" Now, enter your unique invitation code, which can be found on the registration document in your welcome email. If you can't find your invitation code, contact us by phone 1-800-663-1142 and we'll help you register.
3. Once your organization's name appears, click on it and then fill out all of the required fields under "Complete your account information," including name, email, password, date of birth, gender, and pronoun. Then, click "Next Step."
4. Choose which role best suits your position within your organization, and then click "Next Step" once again to enter your job title and the year you joined your organization.
5. Finally, click on "Create a Homeweb Account" to finish your registration. Remember to validate your email address within 24 hours of finishing this step.



Congratulations, now you can log into your Homeweb employee assistance and wellness platform to begin your journey towards positive mental health!

In their own words

Being a professional athlete comes with its own share of challenges and triumphs. However, no one is exempt from mental health struggles, and knowing when to seek help is key. Despite navigating identity pressures and the persistent stigma that can make seeking help feel like a sign of weakness, these Olympians can attest to the benefit of seeking mental help.



“I was heading to the start line when I had a panic attack—something I’d experienced before, but never on the ice and never in front of my teammates and competitors. It was terrifying. I felt like things were falling apart. I had to step away, regroup, and return to race, all while explaining to my team why I had to leave the Oval. It’s something that I’d love to talk about more – a lot of people have experienced this, and we don’t talk about it enough.”

Isabelle Weidemann speaks on anxiety,
3x Olympic Medallist, Speed Skating

“After my first Olympics in 2014, I started working with a mental health coach. At first, I thought it meant I was mentally weak, but that changed. Just like training your body, I realized the importance of training your mind. It changed the way I understood how my body works and my brain - when I feel confident and when I feel nervous. It transformed how I approach competition and helped me achieve my dream.”

Mikaël Kingsbury on mental coaching,
3x Olympic Medallist, Freestyle Skiing (Moguls)



Reach out to our team of experts through homeweb.ca today.
Talk to a qualified counsellor who understands what you’re feeling and going through.



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Power of sport report 2022:

<https://cces.ca/sites/default/files/content/docs/2024-01/cces-true-sport-report-2022-acc-en.pdf>

Canadian sports participation 2023:

<https://www150.statcan.gc.ca/n1/en/pub/11-627-m/11-627-m2024008-eng.pdf?st=vUtP4PK6>

MH Motivation facts:

<https://cpa.ca/psychology-works-fact-sheet-physical-activity-mental-health-and-motivation/>

Athlete Burnout study : Germany:

<https://journals.sagepub.com/doi/10.1177/10126902241248767>

Other links:

https://www.workplacestrategiesformentalhealth.com/resources/relevant-statistics?utm_source=chatgpt.com%20%22Psychological%20health%20and%20safety%20statistics%22

<https://cpa.ca/psychology-works-fact-sheet-physical-activity-mental-health-and-motivation/>

Contact us to learn more.

Toll free: 1-800-663-1142

International (Call collect) 604-689-1717

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