

# THE IMPORTANCE OF OBSERVING MENTAL HEALTH IN YOUR STUDENT ATHLETES

considered  
protein  
similarities  
difficulties  
alterations  
mood  
separate  
represent  
complex  
dementia  
affected  
normal  
classified

**MANY OF OUR ATHLETES HAVE DEALT WITH SOME FORM OF MENTAL HEALTH  
COMPLICATIONS.**

**THIS IS HOW WE HAVE HELPED OUR STUDENT ATHLETES**

**MENTAL  
HEALTH  
MATTERS**  
#ENDTHESTIGMA



# OUR ROLE?



**mental  
health  
matters**

- **MAINTAINING STRONG RELATIONSHIPS WITH OUR STUDENT ATHLETES.**
- **TRUST IS HUGE!**
- **HELP REDUCE THE STIGMA OF MENTAL HEALTH BY TALKING ABOUT IT AND NORMALIZING THE NEED TO TAKE CARE OF OUR MINDS AND WELL BEING.**
- **INCORPORATE MENTAL HEALTH DAYS**



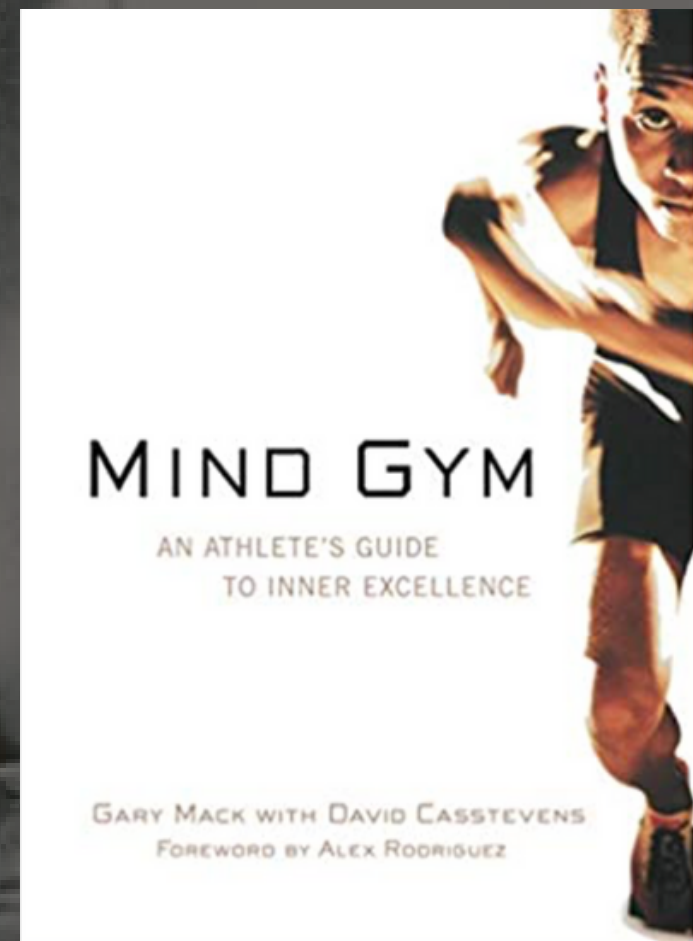
**EDUCATE YOURSELVES  
MIND GYM= AMAZING BOOK!  
SHARE RESOURCES!**



**ALIVE**

THE DREW ROBINSON STORY

**We watched his story! Not only did it open up great conversations,  
it helped our athletes fully know that we support them on many levels.**



## WHAT WE SAY



**STOP AND BE INTENTIONAL. YOUR 7 SECONDS CAN MAKE AN  
IMPACT. IT CAN CHANGE SOMEONE'S DAY. IT CAN REMIND  
SOMEONE THAT THEY ARE NOT ALONE. REACH OUT. START A  
CONVERSATION. IT ONLY TAKES 7 SECONDS.**

**ARE YOU TAKING THE TIME TO INVEST IN YOUR ATHLETE'S  
LIVES BEYOND YOUR SPORT?**





**CREATE A LOVING  
ENVIRONMENT WHERE THEY  
FEEL SAFE!**

**OPEN DOOR POLICY**

**Know when to refer**



Nobody cares how much you know, until they  
know how much you care.

(Theodore Roosevelt)

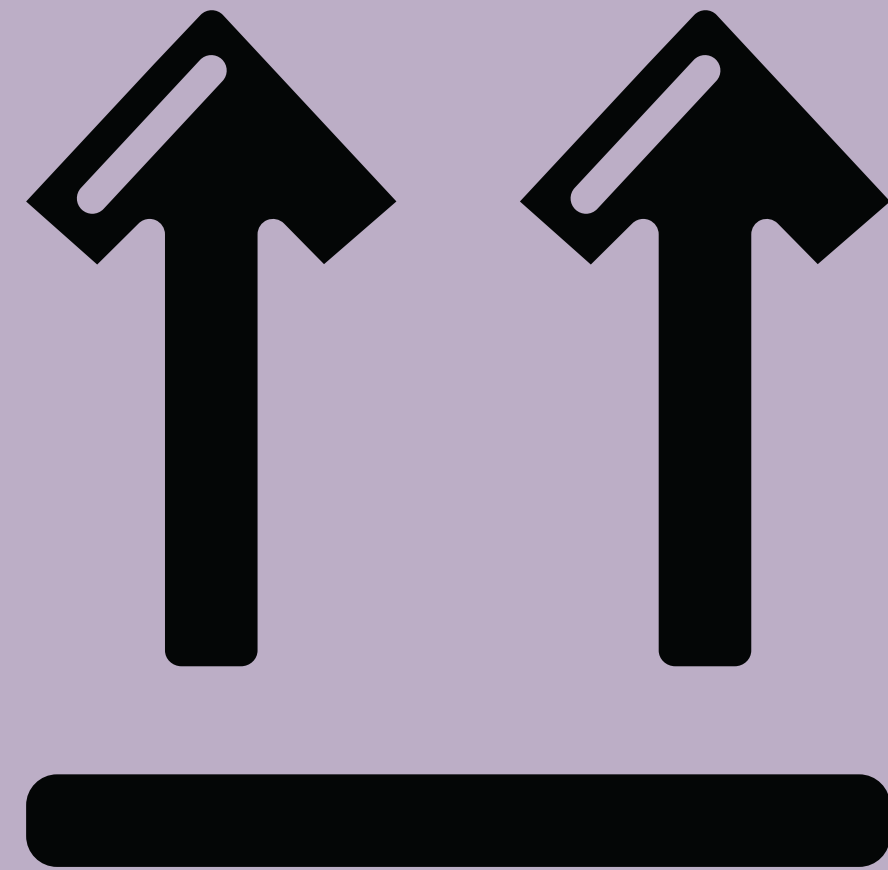
**HOW DO YOU SHOW YOUR ATHLETES THAT YOU CARE?**

**HELP THEM  
DISCOVER WHO  
THEY ARE OUTSIDE  
OF THEIR SPORT!**

**HELP YOUR ATHLETES  
BECOME FAIR IN THEIR  
EXPECTATIONS OF  
THEMSELVES**

**“WHO YOU ARE  
IS NOT WHAT YOU  
DO ON THE FIELD.  
THE RESULTS OF  
THIS GAME DO NOT  
DEFINE YOU.”**

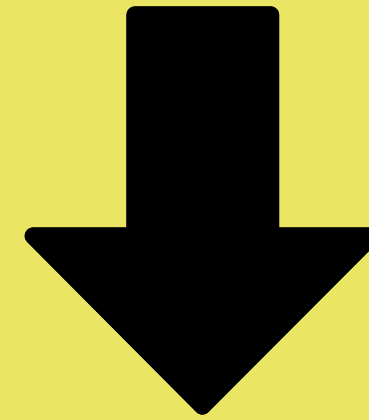
**BELLA NORTON**





# HELP THEM WITH THEIR THOUGHT PROCESS

**"Coach, I CAN'T HIT"**



## NOTICE

BE AWARE OF WHAT  
YOU ARE TELLING  
YOURSELF AND  
BELIEVING OF  
YOURSELF.

## STOP

STOP THE THOUGHTS  
INSTANTLY THAT DO  
NOT ENHANCE YOUR  
LIFE.

## REFRAME

Reframe just one of  
the repeating  
negative thoughts to  
a more helpful or  
positive thought or to  
a personal  
affirmation.

# SELF WORTH ACTIVITIES

- SPOT LIGHT
- LETTERS OF AFFIRMATIONS
- WHAT I LIKE ABOUT YOU?
- WHY I AM THANKFUL FOR YOU!
- ENCOURAGE AN ENVIRONMENT OF LOVE AND ACCEPTANCE!
- SHARE YOUR IDEAS! GO!



**PERFORMANCE ANXIETY**

**GROUP BRAIN STORM**

**HOW DO YOU DEAL WITH THIS?**



Q & A TIME!