

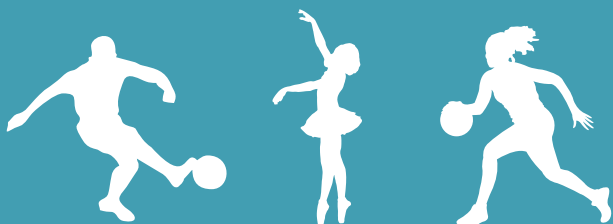


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## THE OTHER SIDE OF PERFORMANCE:

MENTAL HEALTH INSIGHT FOR COACHES  
AND FAMILIES REGARDING STUDENT  
ATHLETES

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How can coaches or  
parents better support  
the athletes in their life?

What does burnout  
look like in a student  
athlete?

## QUESTIONS TO ASK...

How can coaches and  
family members prevent  
their athletes from risky  
behaviors?



Made by a student athlete for the benefit of student athletes.

## WHAT TO LOOK OUT FOR:

### ► BURNOUT

Burnout can look like no longer being interested in beloved sports or activities, dreading going to practice or participating in competition. Burnout happens when someone's body or mind is too exhausted to care.

### RISKY BEHAVIOR

As a call for help, athletes might act out of character and start doing activities that put them at higher risk for injury or consequence. Later, this can look like substance abuse, dropping out of school or quitting a job.

### ► ANXIETY/DEPRESSION

Anxiety is very common among teenagers—especially ones that play sports. Whether it's club or school sports, there is often an added level of pressure. Anxiety can look like: Being worried, trouble sleeping or difficulty concentrating. Depression can show up as: Feeling hopeless, a loss of appetite and thoughts of death and suicide.

## IMPROVING AS A COACH/PARENT

Coaches must set expectations around behavior. Whether it's on or off the court/field, players and coaches are held at a certain standard so it is important to act accordingly. All participants of a sport need to know what is and isn't okay when it comes to behavior.

Having safe environments at home and on the court/field is crucial for good mental health. Players, coaches and parents should reap the benefits of a healthy mind.

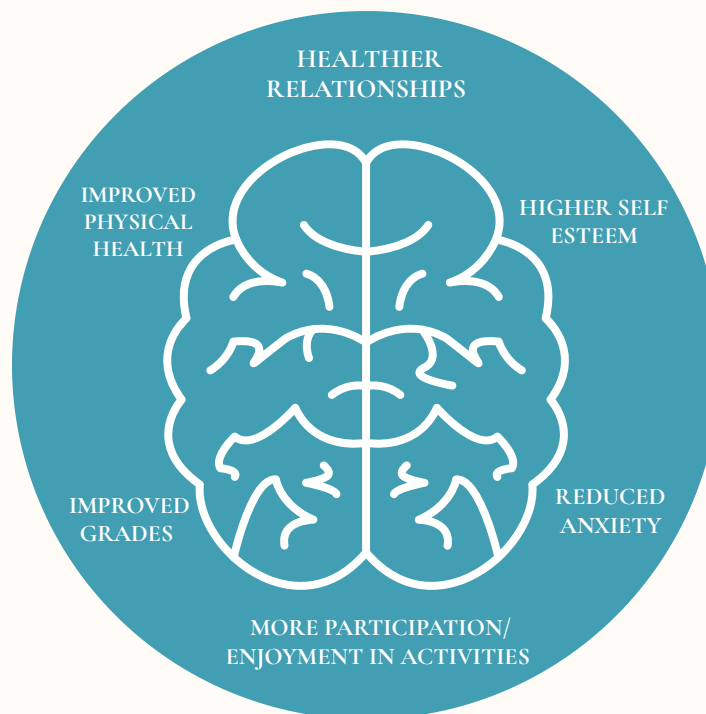
### FIRST STEPS

1. Open communication
2. Access to resources like therapy
3. Building norms around being kind to yourself

In order to build a strong team on the court/field, athletes need to know each other outside the sport. Team bonding is an important way to allow players to build relationships with one another in a different setting. This is important not only for athletes but for coaches to know the person behind the player.

Being vulnerable and relating through personal experiences with anxiety, burnout, risky behavior, etc. will allow players to feel more connected and less alone. This is one way to build trust and camaraderie.

## BENEFITS OF A HEALTHY MIND



## Quick Facts

- A study on collegiate athletes showed that only 10% of athletes sought out help for their mental health struggles
- Injured players are at higher risk for depression, anxiety and lack of motivation
- 52% of all varsity athletes go to therapy to support their mental health
- Studies have shown that excessive perfectionism can cause vast mental strain thus derailing a positive mentality and lowering chances of performing well
- Between 30 and 48% of NCAA (collegiate) athletes experience anxiety and/or depression