

## Athlete Mental Health

What is good athlete mental health:

The World Health Organization defines it as a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. Feeling generally happy, connected to others and showing resilience are all aspects of good mental health.

Signs an athlete may be struggling with their mental health:

Increased irritability, low energy, withdrawn, sleeping and eating changes, appearing sad or overly anxious, grades dropping, skipping or missing practices or games and substance abuse.

Text 988 For National Suicide Prevention Hotline

Self-Compassion: The proven power of being kind to yourself (2011) by Kristin Neff

Burnout: The secret to unlocking the stress cycle (2019) by Emily and Amelia Nagoski

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Character Strengths Assessment- [www.viacharacter.org](http://www.viacharacter.org)