

APPLE

Promoting Student-Athlete Wellness
and Substance Abuse Prevention

October is Mental Health Awareness Month

LEARN ABOUT GRINNELL COLLEGE'S ACTION PLAN, NCAA
SPORT SCIENCE INSTITUTE RESOURCES AND MORE TO HELP
PROMOTE STUDENT-ATHLETE HEALTH & WELLNESS.

Student-Athlete Mental Health: Building Support, Breaking Stigma

Mental health is a critical part of student-athlete well-being, yet it can be challenging to know how to build support and reduce stigma in an athletics climate that (understandably) values mental toughness. Grinnell College used the [NCAA's Mental Health Best Practices document](#) to guide their approach to developing resources to help student-athletes and athletics staff collaborate more effectively. Their process included a SWOT analysis, which examined campus Strengths, Weaknesses, Opportunities and Threats in addressing student-athlete mental health. [Check out their presentation from APPLE 2019](#)



Grinnell College's APPLE Team

GRINNELL, IOWA
NCAA DIVISION III



Sleep & Wellness

Did you know that 61% of student-athletes report daytime fatigue at least three or more days in the past week? Sleep impacts athletic and academic performance, injury risk and recovery, and mental health. The NCAA's Interassociation Task Force on Sleep and

Wellness recently made recommendations to assist both student-athletes and administrators to improve collegiate athlete sleep, which include:

- Learn more about student-athlete time demands by conducting an anonymous survey
- Incorporate sleep screening into the pre-participation exam

- Provide education on sleep to student-athletes and coaches

Check out this excellent [fact sheet](#) to share within your department. Want to know even more? Read the [in-depth article](#).



2022
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TRAINING INSTITUTE

*Registration
Now Open*

January 17-19 in Charlottesville, VA
January 24-26 in Newport Beach, CA

\$400/team
Space is limited

Register Now

SHARE YOUR MATERIALS

Did your APPLE team create a social norms survey? Posters for the locker rooms? Recruiting guide? We want your materials to share with other APPLE schools. [Email us](#) to share!

APPLEathletics@virginia.edu | www.APPLEathletics.org

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