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.

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.

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

VISIT OUR WEBSITE