GAME FACE IS NOT THE ONLY FACE
How Courage and Vulnerability Develop Mental Resiliency
WHAT’S IN IT FOR YOU?

LEARN SUBSTANCE ABUSE & PREVENTION STRATEGIES

IMPROVED MENTAL HEALTH HYGIENE & PERFORMANCE

LEARN HOW TO SUCCESSFULLY NAVIGATE TRANSITION
SUBSTANCE ABUSE AND PREVENTION
“Athletes often identify their self-worth with their ability to perform, so to become injured (or demoted or to retire) is much more impactful than something detectable by an MRI.”

“I battled depression with the same regularity as blitzing defenses, but the external opponents were much easier to deal with than the internal ones.”

---

Aaron Taylor was an offensive lineman at the University of Notre Dame from 1990 through 1993. The San Francisco native was a unanimous first-team All-America selection in 1992 and 1993 and won the 1993 Lombardi Award as college football’s most outstanding lineman. He was drafted by Green Bay Packers in the first round of the 1994 NFL draft, playing on the team that won the Super Bowl in 1997. Taylor played for the San Diego Chargers in 1998 and 1999 before retiring from professional football. He has since been a television analyst for CBS College Sports and ABC Sports. He currently provides player transition services for the NFL Players Association.
Strong Need to Succeed/Fit In/Be “Enough”

- Internal Pressure
- Unattainable Level of Greatness
- Internal Opponents > External Opponents

Compromised Values!!!!

CAUSES AND CONDITIONS

AARON’S VARIABLES

Divorce / No Dad

New Kid In School “Syndrome”

Conditional Love

RESULTS

Strong Need to Succeed/Fit In/Be “Enough”

- Internal Pressure
- Unattainable Level of Greatness
- Internal Opponents > External Opponents

Compromised Values!!!!
What price do we pay when we party?

- Weekly drinking **doubles the rate of injury** among student-athletes.
- Hangovers can **reduce athletic performance by up to 11.4%** even in elite athletes.
- Getting drunk can **negate up to 14 days of training** by reducing gains made in heart rate, ventilation, and production of enzymes.
- Alcohol **impairs motor skills** and **decreases strength, power, and sprint performance** for up to 3 days.

*APPLE Training Institute, University of Virginia*
ATHLETES often UNDERESTIMATE the EFFECTS that PRESSURE and INTENSITY have on them.
COMMON SIGNS OF ADDICTION...

WITHDRAWAL:
physical withdrawal symptoms

LOSING CONTROL:
Doing things

ISOLATION:
Drinking/using alone or in secret

NO LIMITATION:
Can’t stop after starting
...COMMON SIGNS OF ADDICTION

- **DISINTEREST** – in pleasurable activities & hobbies
- **IRRITABILITY** - when usual using time nears / unavailability
- **SECRECY** - Keeping alcohol/drugs in unlikely places (e.g. work, car, etc.)
- **PROBLEMS** - Legal / Employment / Relationship / Financial
- **CRAVINGS & COMPULSION** – “Just need a bump / drink”
GOOD CHECK-IN QUESTION?

If I replaced my use of alcohol and drugs with carrots... would the behavior be normal?
WHAT IS ALCOHOLISM?
WHAT IS ALCOHOLISM?

OBSESSION OF THE MIND  

+  

ALLERGY OF THE BODY
HOW IS ALCOHOL METABOLIZED?
SPOTTER MINDSET
WHY SPOTTERS MATTER
THINGS TO KNOW

Successful Action/Recovery Plans Require Willing Participants

You Are Not a Therapist:
(Listen, Support, Validate, Comfort & Inspire them to Seek Help and Take Action)

Tap Into Their Values & Competitive Nature

Be More Interest-ed, than Interest-ing

Ultimately, You Are Powerless Over Another Person’s Recovery / Actions
HOW TO SUPPORT SOMEONE YOU SUSPECT HAS A PROBLEM

- Give the person your full attention
- Listen with an attitude of kindness, respect, & empathy
- Ask clarifying questions
- Listen for feelings
- Help clarify self-pity vs sorrow
- Embrace the silence
- Keep mutual expectations clear

*** Margaret Bullitt-Jonas
SUCCESSFUL "RECOVERY" REQUIRES:

<table>
<thead>
<tr>
<th>Awareness</th>
<th>Willingness</th>
<th>Accountability</th>
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<tbody>
<tr>
<td>Honesty</td>
<td>Humility</td>
<td>Hope</td>
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<td>Courage</td>
<td>Action</td>
<td>Faith</td>
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<td>Service</td>
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MENTAL HEALTH: JUST THE FACTS

- 39% of students in college experience a significant mental health issue.
- 50% of cases of mental health issues begin by age 14; 75% begin by age 24.
- 2/3 of students with anxiety or depression don't seek treatment.

Courtesy Active Minds.org
1 in 5 ADULTS HAVE A MENTAL ILLNESS and 50 percent of us will experience a mental health condition in our lifetime.

#2 LEADING CAUSE of death among students is SUICIDE.

67% of college students FIRST TELL A FRIEND they are feeling suicidal before telling anyone else.

85% of those with mental illness DO NOT DIE BY COMPLETED SUICIDE — because mental illnesses are treatable!!

*Courtesy of ActiveMinds.org*
MENTAL HEALTH AFFECTS THE ENTIRE BODY

The effects of stress on the body:

- Mood issues including anger, depression, irritability.
- Lack of energy, concentration problems, sleeping issues, headaches.
- Mental issues including anxiety disorders and panic attacks.
- Increased blood pressure, increased heart rate, higher cholesterol and risk of heart attack.
- In the immune system, there is reduced ability to fight and recover from illness.
- Stomach cramps, reflux, and nausea.
- Loss of libido, lower sperm production for men, and increased period pain for women.
- Aches and pains in the joints and muscles.
- Lower bone density.
“I invite you behind the facade of my apparently "perfect" life as a sportscaster, with a wonderful wife and two healthy, happy adult daughters.”

“I have a lot to be thankful for, and I am truly grateful. But none of these things can protect me or anyone else from the disease of depression and its potentially lethal effects.”

“So why write a book? Because I want to end the pain and heartache that comes from leading a double life. I also want to reach out to the millions of people, especially men, who think they’re alone and can't ask for help.”
ON COMPULSION TO EDIT OUR LIVES FOR SOCIAL MEDIA:
“This was something that Madison dealt with constantly, was that she knew that she was projecting an image of herself that was not real, and she articulated that to people. And yet, when she looked at her very close high school friends and what they were projecting on social media, she took it at face value. And I think we all do that to some degree.”

Kate Fagan, Author

“PERFECTIONISM” DOES NOT DISCRIMINATE

“When you look around at Penn, you see ‘Penn Face,’ which is happy, easy, everything is coming naturally — whereas below the surface, everything is like this furious pedaling.”

Madison Holleran
COMMON NEGATIVE COPING STRATEGIES

- Suck It Up
- Partying
- Promiscuity
- Opioids
- Denial

- Overeating / Food
- Gambling
- Compulsive Behavior
- Abuse of Sex, Money, and Power
MENTAL HEALTH

ISOLATE
HIDE
REPRESS
DENY
CHANGING THE NARRATIVE

Mental Toughness

“MENTAL RESILIENCE”
### EFFECTIVE COPING STRATEGIES

<table>
<thead>
<tr>
<th>Meditation</th>
<th>Counseling</th>
<th>Peer groups</th>
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</thead>
<tbody>
<tr>
<td>Gratitude Lists</td>
<td>Prayer</td>
<td>Being of Service</td>
</tr>
<tr>
<td>Yoga</td>
<td>Connection to familiarity</td>
<td>Courtesy =&gt; Serenity</td>
</tr>
</tbody>
</table>
**EFFECTIVE COPING STRATEGIES, PART 2:**

<table>
<thead>
<tr>
<th>Affirmations/Audio Notes</th>
<th>Artistic Activities - Sharing</th>
<th>Breathing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headspace / Meditation Apps</td>
<td>Connectivity</td>
<td>Visualization</td>
</tr>
<tr>
<td>Compassion Prayer</td>
<td>Sleep Hygiene</td>
<td>12 Step Recovery Meetings</td>
</tr>
</tbody>
</table>
WHAT DO I DO IF I WANT/NEED SOME HELP?

TAKE ACTION/REACH OUT

• ISU STUDENT COUNSELING SERVICE
• PRIMARY CARE PHYSICIAN
• ATHLETIC TRAINER
• FRIEND
• FAMILY MEMBER
• COACH
• CLERGY/PASTOR
TRANSITION
CHAMPIONSHIP MINDSET

There are no hopeless situations.
Only people who think hopelessly.

© Joss/Alamy
TRANSITION CAN BE TOUGH...

- Move from the **Known** => **U N K N O W N**
- Feel **LOST, INSECURE** and **UNCERTAIN**
- We miss the **STRUCTURE, CAMARADERIE, & CONSISTENCY** that our previous life provided.

*Are my best days behind me?*
COMMON
TRANSITIONAL
JOURNEY
WHAT DO SPORTS REALLY PROVIDE?
THE FOUR PILLARS OF FULFILLMENT

PURPOSE

SIGNIFICANCE

IDENTITY

INCOME
PURPOSE

THAT WHICH GIVES MY LIFE MEANING.
THE ELUSIVE
“SWEET SPOT”
A job is a vital and necessary means to an end... but its not the answer to what is missing in our lives when our careers in sports are over.

KEY: We must identify SOMETHING ELSE we care deeply and passionately about.
SUCCESSFUL TRANSITION REQUIRES

<table>
<thead>
<tr>
<th>Taking 100% Responsibility For Life &amp; Results</th>
<th>Willingness</th>
<th>Confidence – Know who you are!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hard Work</td>
<td>Being Driven &amp; Engaged</td>
<td>Courage – Embrace Fear</td>
</tr>
<tr>
<td>Initiative and Taking Action</td>
<td>Persistence &amp; Diligence</td>
<td>Eager and Enthusiasm</td>
</tr>
<tr>
<td>Gratitude</td>
<td>Faith</td>
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ELEMENTS OF A SUCCESSFUL TRANSITIONAL GAMEPLAN

- Identify New Purpose (reason to get out of bed, push back, etc)
  - Why? - The Purpose (Values/Vision)
  - How? - The Process (Goals + Action)
  - What? - The Result (Fulfillment)

- Autonomy
  - Ownership (vs. blame)
  - Responsibility (vs. denial)
  - Accountability (vs. excuses)

- EQ (Emotional Intelligence) Learn to Transfer Existing Skills Into Real World
  - Competitiveness, Leadership, Accountability, Work Well in Team Environments, Calm Under Pressure, Commitment, Hyper Focused, Coachability, etc.

- Hope (Know that life will get good again)
FIXED vs GROWTH MINDSET