

# STUDENT-ATHLETE CAMPFIRES

University of Virginia's APPLE Team  
APPLE Training Institute  
January 2020



# WARM-UP ACTIVITY:

Think about:

What is mental health? What does mental health mean to you?

Wordle:

What words come to mind when you think about your experience with your own mental health (i.e. challenges, ways to cope, experiences, resources, feelings, etc.)?

[https://www.polleverywhere.com/free\\_text\\_polls/frzjHK7eFODey7ADtEbff](https://www.polleverywhere.com/free_text_polls/frzjHK7eFODey7ADtEbff)



# GROUP DISCUSSION: HOW DO YOU APPROACH MENTAL HEALTH?

1. What is an obstacle or stressor in your life that has played a role in your mental health?
  - a. Examples: injury, stress of competition, relationships, school, etc.
2. What is one useful, interesting, or meaningful way you cope when you are feeling stressed, worried, anxious, or down?
  - a. Examples: Meditation, passions/activities, etc.
3. Who is one person or group in your life that you feel supported by?
  - a. Who do you feel comfortable being vulnerable in talking through your issues/emotions?



# ESSENTIAL REALIZATIONS ABOUT MENTAL HEALTH

1. If you are struggling, you are NOT alone!
2. Talking through your issues is crucial in maintaining positive mental health!
  - a. As easy as it is to bottle up stress/anxiety, find the people or communities in your life that you trust to support you and share if you are going through a hard time.
3. Explore opportunities for passion, fun, and enjoyment!
4. Life is crazy and unpredictable. Learn to focus on what you can control.
  - a. Mindfulness: Aspire to live every moment...in that present moment.
5. You *deserve* to be happy!
  - a. Nobody can be perfectly happy all the time. But, everybody deserves to feel motivated to believe in themselves through the highs and lows of life, and to have those in their life to support them through anything.



# THE IMPORTANCE OF SUPPORT

Resources at UVA.

- UVA Sports Psychology: Dr. Freeman and Dr. Egan
- Injured Athlete Support Group: Fridays at 9 AM
- Athlete Organizations: ACE/FCA, AIA, SAM, Green athletics, etc.
- New resource:

SAM Campfire Series:

Creating an open, comforting, vulnerable space for SAM's and athletes to discuss their lives with peers who understand similar stresses. We want students to feel supported in their hardships and develop strength through community.

