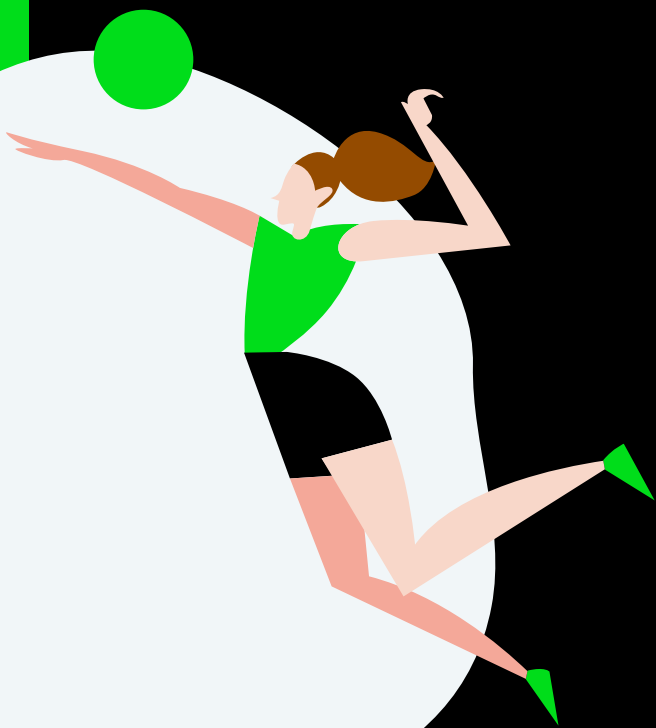


WARNING SIGNS OF A MENTAL HEALTH CRISIS IN STUDENT- ATHLETES



1

Lack of interest in their sport (practice, games, team bonding, etc.).

2

Weight fluctuations or eating habit changes.

3

Difficulty controlling emotions (irritability, teariness).

4

Perfectionistic tendencies that cause self-esteem and confidence issues, or a complete lack of joy when doing things right/successfully.

5

Other life changes: relationship, family, and/or friendship issues; homesickness; academic performance decline; etc.

Information Provided By:
Regan Herrington,
Sport Performance Specialist



@thehiddenopponent



thehiddenopponent.com