



May is **Mental Health Awareness Month** for Athletes too.

The Challenges



STRESS from
practice schedules
fitness monitoring
travel
competition



The Solutions



STRATEGIES include
reasonable schedules
plenty of sleep
regular down time
reduced pressure to perform



TRAUMA from
hidden memories
history of abuse
violence
discrimination



SUPPORT includes
professional counseling
behavior therapy
meditation
mindfulness



STIGMA from
fear of weakness
fear of labels
loss of privacy



EDUCATION includes
open communication
speaker presentations
mental health articles
website links



WISE WORDS FROM DR. WILLIAM PARHAM

"Irrespective of one's sport or occupation, mental health and wellness should always be at the table of conversation."

"Discovering and understanding the roots of their invisible tattoos could help athletes summon talent and genius that might be hiding in plain sight."

Dr. William Parham is a counseling professor at Loyola Marymount University and the director of the Mental Health and Wellness Program of the National Basketball Players Association.

Dr. Parham will deliver the Keynote Address

"The Pain You Do Not See"

at the virtual

Sports Neuropsychology Society Symposium on May 14, 2021.

www.sportsneuropsychologysociety.com