



# Brain Health Awareness for Athletes

## The Challenges



### STRESS

practice schedules  
fitness monitoring  
travel & competition  
performance anxiety



### TRAUMA

past memories  
history of abuse  
violence/bullying  
discrimination



### STIGMA

fear of weakness  
fear of labels  
loss of privacy  
isolation



### INJURY

physical pain  
concussion symptoms  
deconditioning  
loss of play time

## The Solutions



### RESPONSES

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



### SUPPORT

psychological therapy  
behavior therapy  
meditation & mindfulness  
talking with friends



### EDUCATION

open communication  
webinars  
mental health articles  
team awareness training



### INTERVENTIONS

pain management  
school/work accommodations  
supervised return to activity  
counseling/reassurance



Sports Neuropsychologists  
are specialists in  
brain health, brain injury,  
emotional well-being, and safety in sports.

Compliments of the  
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