

Course Overview

Mental Well-Being for Athletes

Mental Well-Being for Athletes provides an overview of mental well-being tailored to the unique challenges faced by athletes and offers strategies to maintain and strengthen mental well-being while in college. Learners will build knowledge and skills related to their specific mental health risks and taking positive actions to support their well-being.



Audience:
Collegiate Athletes



Course Length:
28 minutes



Language(s):
Available in 21
languages



Configurations:
Before and after
each module

Learning Objectives

By the end of this course, learners will be able to:

- Understand the importance of maintaining a healthy mental well-being.
- Summarize the risks and protective factors of being an athlete.
- Respond to concerns about themselves or their teammates.
- Describe available resources and whom to reach out to for help.

Modules

Mental Well-Being for Athletes

Introduction

This module provides a brief overview of the course goals and learning objectives.

Mental Well-Being

This module identifies aspects of mental well-being, the importance of maintaining a healthy and balanced outlook, and common concerns and challenges in college.

Risk Factors and Protective Factors for Athletes

This module highlights some of the stressors of being a collegiate athlete and identifies specific risk factors to their mental well-being, including the pressure to perform, high demands on time, and a culture of "mental toughness."

How to Respond to Concerns in a Teammate or Yourself

This module shows learners how to start conversations with teammates about their mental health or respond to concerns about themselves or others. It also identifies ways to build and sustain mental well-being.

How to Find Help and Resources

This module examines available help resources and where to turn for support.

Conclusion

This module provides a brief conclusion and summary of the course content.
