

The Importance Of Mental Health Within Athletes



What is mental health?

Mental health can be defined as a person's condition in regard to their physiological, mental and emotional well-being.

What does it mean to have good mental health?

Good mental health is having the ability to be able to fulfill daily activities, hobbies and/or routines with pleasure, and not to

feel as if it is a struggle to take on daily tasks.

What does poor mental health look like? (what signs to look for)

- Major changes in eating habits
- Losing interest in hobbies/activities you use to look forward to
- Not wanting to get out of bed/low energy
- Feeling as if nothing you do is good enough
- Constant negative thoughts

Ways in which to cope with poor mental health behaviors

- Write down your feelings in a journal
- Talk to one of the school psychologists
 - Bonnie Jones bjones@swindsor.k12.ct.us
 - Jennifer Robinson jrobinson1@swindsor.k12.ct.us
- Do things that benefit your well being
 - Go for a walk
 - Exercise
 - Draw
 - Talk about your feelings with a family member/friend or someone you trust
- Make time for things that make you happy
 - Listen to music
 - Spend time with your family/friends
 - Go outside
 - Spend time with pets
- Relax your mind
- Consume your mind with positive thoughts

In need of someone to talk to?

Mental Health Hotline- (800)-662-4357

School Counseling-

Dan Peters: Grade 10 A-Chi, Grades 11-12 A-Cor djpeters@swindsor.k12.ct.us

Frank Leon: Grade 10 Chm-Goo, Grades 11-12 Cos-Goo fleon@swindsor.k12.ct.us

Nate Briggs: Grade 10 Gop-La, Grades 11-12 Gop-K nbriggs@swindsor.k12.ct.us

Julie Wlodarczyk: Grade 10 Le-Ol, Grades 11-12 L-OI jwlodarczyk@swindsor.k12.ct.us

Krista Nordmark: Grade 10 Om-Sem, Grades 11-12 Om-Sa

knordmark@swindsor.k12.ct.us

Michele Brown-Quinn: Grade 10 Sen-Z, Grades 11-12 Sc-Z

mbrown-quinn@swindsor.k12.ct.us

Dina Keleher: All grade 9 students dkeleher@swindsor.k12.ct.us