**Continuum of Wellness**

**Self & Social Care**
- Physically active
- Socially active
- Normal mood fluctuations
- Self-confident
- Consistent performer
- Sleeping well
- Coping well as a student-athlete

**Professional Care**
- Occasionally stressed or worried
- Difficulty relaxing
- Occasionally sad
- Low energy
- Decreased social activity
- Procrastination
- These periods do not last for a long time

**Thriving & Resilient**
- Persistent worry and stress
- Persistent irritation and anger
- Lingering sadness, feelings of worthlessness
- Feelings of hopelessness
- Decreased performance in academics & athletics
- Difficulty concentrating
- Restlessness
- Insomnia
- Withdrawal or avoidance of social situations

**Periodic Distress**
- Extreme difficulty functioning day to day activities due to severe mental illness
- Withdrawn
- Constantly fatigued
- Overwhelmed
- High levels of anxiety
- Panic attacks
- Damaged relationships
- Aggressive
- Clinical diagnosis
- Significant difficulty with thinking, emotions and behavior

**Severe Functional Impairment**
Athletic identity is the degree to which an individual identifies with the athlete role and looks to others for acknowledgement of that role (Brewer, Van Raalte, & Linder, 1993).
Intersectionality of Mental Health and Student-Athlete Identity

"Athlete"
A shared identity among all athletes

- Race
- Ethnicity
- Parent
- LBTQIA
- Gender
- National/regional
- Millennial
- ???
Intersectionality of Mental Health and Student-Athlete Identity
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- Race
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Intersectionality of Mental Health and Student-Athlete Identity
Intersectionality of Mental Health and Athletic Identity

- Injury
- Academic Success
- Transition
- Grief & Loss
- Sexual Orientation
Intersectionality of Mental Health and Athletic Identity

- Eating Disorders
- Sleep Disorders
- Substance Abuse/Misuse
- Mood Disorders
- Anxiety Disorders
Best Practices

• Athletic Identity Measurement Scale (AIMS)
• Support Groups and Safe Spaces
• Education and Awareness for Coaches, Trainers, Sport Admins
• Robust Mental Health and Wellness Service
• Peer Mentors
References
