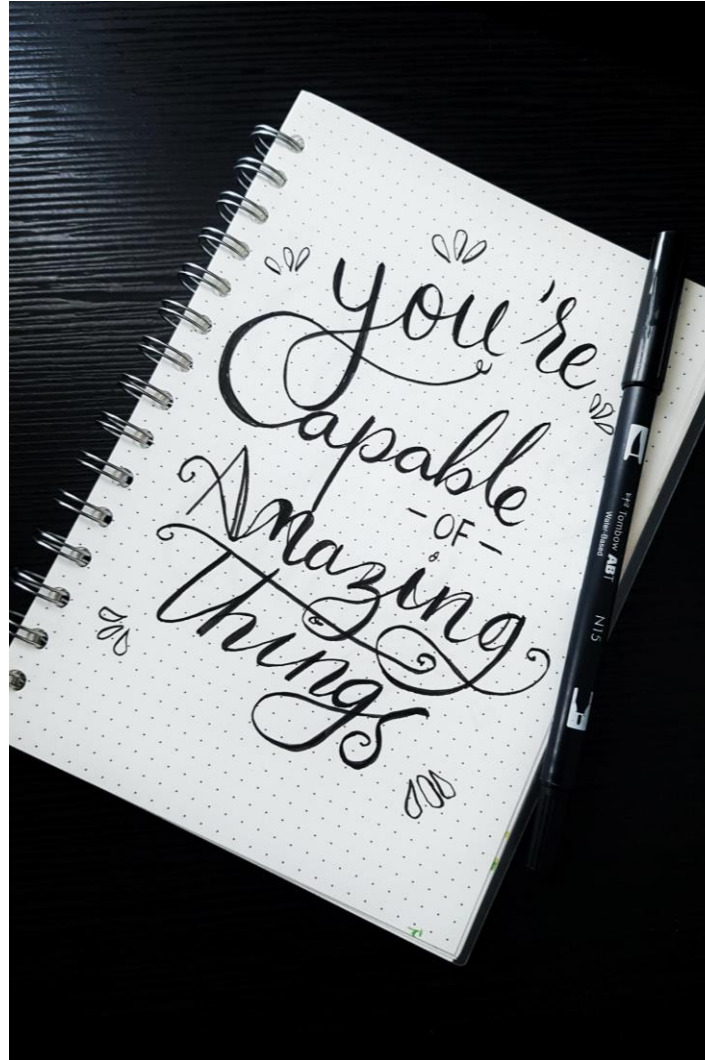
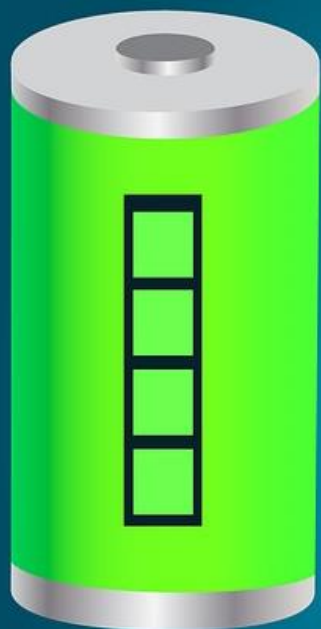


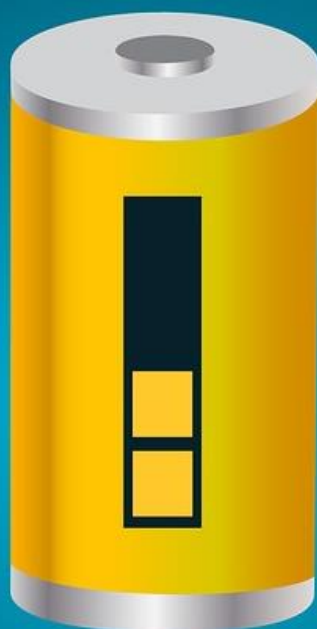
Supporting The Mental Health of Your Student- Athletes & Yourself: How You Can Make A Difference

-Ivy Watts, MPH
Founder of the Mental Health/Self-
Love Blog: Beautifully Simply You

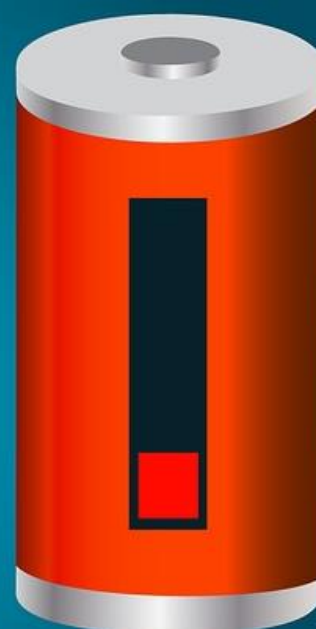




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How are you
doing right
now?



Ivy Watts Speaks 

Warning Signs to Look Out For

- Withdrawal – loss of interest
- Use of alcohol/drugs – “acting out”
- Anger/irritability
- Perfectionism - negative self-talk/low self-esteem
- Over-exercising or obsession with healthy eating
- Physical health issues with no medical explanation

Ivy Watts Speaks





Break The Stigma, Save Lives What You Can Do

Joy Watts Speaks

- Listen nonjudgmentally & validate!
- Ask Open-ended questions
 - What can I do to help?
 - What have you done before in the past to help you when you've felt this way?
 - Tell me more
- *The Simple Importance of "How Are You?" & Checking In*
 - Continually follow up!
- Know your resources
- Practice kindness/remind others it's okay to not be ok! Becomes a domino effect!



Break The Stigma, Save Lives What You Can Do

Joy Watts Speaks

- Educate athletes on mental health warning signs
- Be a support for others/incorporate mental wellness into athletic department to support athletes THROUGH the pressure
 - Implement self-care into practice/meetings
 - Meditation/journal prompts before practice
 - Color check ins at meetings
 - Affirmations and self-care challenges in locker room/training room
 - Orientation meetings (mental health speakers, guidance counselor presentations, mental health activities)

*You Matter Too, And You Are
Doing The Best You Can*

*To Be Your Best Self For
Others, You Must Also Show
Up For Yourself*

Emotional Freedom Technique (EFT) Tapping – A Tool To Use Whenever & Wherever to Help Reduce Anxiety/Emotional Pain



+
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○
Focuses on 10 meridian points (energy hot spots) to restore balance to your body's energy by sending signals to brain to relieve symptoms of a negative experience or emotion

1. Identify the issue – focal point of tapping
 - Worried about your student-athletes
 - Sad about a loved one's health (physical or mental)
 - Stressed about all of the demands of all you have on your plate
2. Measure the intensity of the issue from 0-10 (10 being most intense) to measure effectiveness of tapping
3. Identify the issue and accept yourself despite the problem:
"Even though I am anxious about the mental health of my student-athletes, I deeply accept and love myself."

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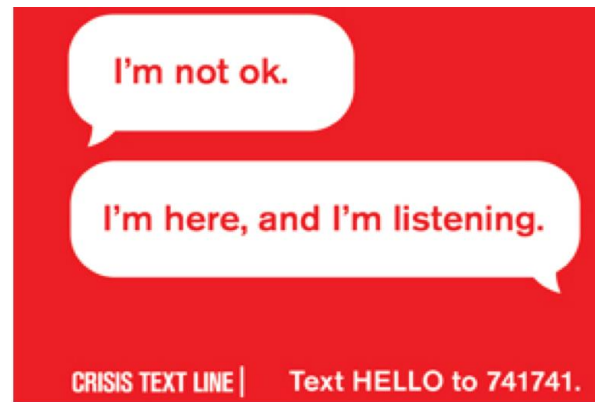
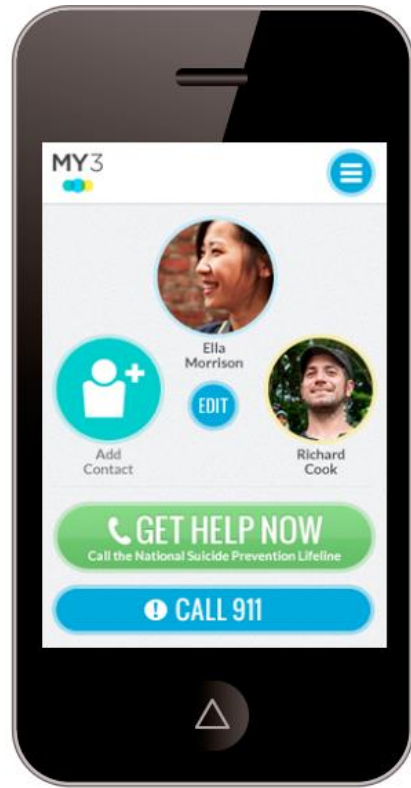
Let's Practice!

The statement:

"Even though I am anxious about the mental health of my student-athletes, I still deeply accept and love myself."

The sequence (using dominant hand):

- Karate chop
- Eyebrow
- Side of the eye
- Under the eye
- Under the nose
- Chin
- Collarbone
- Under the arm
- Top of the head
- Tips of the fingers



Mental Health Resources at Your Fingertips!



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I am worthy,

I am capable,

*I am good
enough*





Get in Touch With Me!
Ivy Watts

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*New Blog post every
Monday!*

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Mentoring Services also available!

Ivy Watts Speaks