THE IMPACT OF STRESS

Coping when stress feels overwhelming

Stress is not always harmful. Too much can affect mental and physical health in both the short and long term. Possible effects include poor sleep, appetite loss, mood changes, irritability, lower self-confidence and inability to focus.

Key sources of stress for student-athletes include:

Pressure to win

Competing for athletic scholarships

School demands

Overtraining

Too little rest and recovery

STRESS SYMPTOMS

Stress can harm the body, mind and behavior. Ongoing stress may cause lasting harm to overall mental and physical health. It can contribute to many physical conditions, including:

- Headaches, fatigue, memory problems, sleep trouble or mental health concerns
- Acne or other skin conditions
- Fast heartbeat, higher blood pressure or heart attack
- Tight muscles, back pain or lower bone density
- Nausea, stomach pain or heartburn, plus weight loss or gain
- Greater diabetes risk
- Digestive issues
- Painful or irregular periods



SELF-CARE TO EASE STRESS

- Get enough sleep each night
- Plan hydration to avoid dehydration
- Follow healthy nutrition guidance
- Enjoy hobbies beyond sports





If you or someone you know faces a crisis, seek help by calling or texting 988.

Sources: National Athletic Trainers' Association; Mental Health America
Infographic: National Athletic Trainers' Association (2023 update)