Anxiety Disorders

Anxiety disorders are the most common U.S. mental health issues. National surveys show that over 30% of student-athletes have felt overwhelming anxiety. Knowing it is common and addressing it can help student-athletes manage anxiety and its effects on health and performance.



Signs to recognize:

EMOTIONAL SYMPTOMS

- Feelings of unease or dread.
- Tense or jittery.
- Irritability or restlessness.
- Expecting the worst and staying alert for possible danger.

PHYSICAL SIGNS

- Heart pounding or racing; shortness of breath.
- Sweat, shaking and twitches.
- Fatigue, headaches, insomnia.
- Stomach upset, diarrhea and frequent urination.

Student-athletes: Steps to take:

- Spot symptoms and get help from a licensed mental health provider.
- Take part in treatment and create a plan that suits your needs.
- Notice triggers and stressors that may affect your anxiety.
- Care for yourself every day by getting restful sleep, managing stress effectively and addressing anxiety symptoms.

Content from NAMI.

Athletics staff: Steps to take:

- Recognize anxiety symptoms and signs.
- Help campus partners offer access to licensed mental health providers.
- Note triggers and stressors that may affect a student-athlete's anxiety.
- Know your department's written mental health referral procedures.

NCAA | SPORT SCIENCE INSTITUTE™

RESILIENCE | SEEK HELP | NO STIGMA

NCAA and SSI are National Collegiate Athletic Association trademarks.