

SWEAR Sports October Newsletter

Happy Fall, SDUSD!

SDUSD's Student Wellness Education And Resources (SWEAR) Committee is happy to announce their new addition of SWEAR Sports, focused on improving our district's athletes' mental health experiences during their high school career. Our SWEAR Sports Subcommittee has put together a monthly newsletter that will be send out in the beginning of each month, with mental health resources specifically tailored to athletes. This month's theme is **How to Manage Stress When Sports Season Gets Busy**.



How to Stay Motivated as an Athlete

8 minute video done by Lewis Hattchet a former professional athlete that gives tips on how to maintain motivation and why it's okay to not feel fully motivated all the time.



- Suggests making new goals for yourself

- Rewarding and acknowledging your accomplishments
- Learning new things/ skills within your sport
- And more!



5 Tips for Student-Athletes' Mental Health

🌐 5 tips from a former student-athlete to support mental health ...

- Tips on how to deal with anxiety surrounding sports
- How to balance mental health with dedication
- How to balance your life and sports



- 5 tips written by a former NCAA college athlete
- She currently works for a professional tennis company
- She is part of the mental health athletes committee



Mental Health from Michael Phelps



- Michael Phelps is the most decorated Olympic swimmer, but he struggled with depression and anxiety during his career. After feeling pressure from constant competition, he faced low points, including suicidal thoughts. By seeking help and speaking openly, he now raises awareness about mental health and encourages others to get support. Remember that you are not alone, you matter.
- Watch this video:



Mental Health Hotline for Athletes

+1(888)-279-1026

Provided by *Courage First*, this hotline is for parents, athletes, and coaches who have any questions concerning mental well-being in athletics. For no cost, the number is available to text or call at any

time.

***A partnership between the Childhelp National Child Abuse Hotline and
the Foundation for Global Sports Development***

Thank you!