Athlete burnout is a syndrome of continual training and sport attention stress, resulting in staleness, overtraining and, eventually, burnout. Many athletes experiencing burnout report feeling trapped by circumstances of sports participation.

Signs and symptoms of burnout include:
- Leveling off or diminished performance or conditioning, including strength and stamina losses and chronic fatigue
- Physiological signs such as having a higher resting heart rate and blood pressure
- Cognitive issues such as difficulty in concentration, diminished work in school or forgetfulness
- Illnesses as a result of suppressed immune system
- Emotional issues such as disinterest, moodiness and irritability
- Low self-esteem, increased anxiety and depression as a result of falling short of sport demands

Best methods to prevent and treat athlete burnout:
- Rest and time away from sports

Getting Help
There are many resources available to those in need:
- Primary care physician
- Local mental health centers
- Employee assistance programs
- Local Mental Health America affiliate
- Churches and worship centers

If someone you know is in need of immediate crisis intervention, call or text 988 or go to your local emergency room.

Sources: Mental Health America, National Athletic Trainers’ Association
Infographic provided by the National Athletic Trainers’ Association (Updated 2023)