



Understanding Athlete Burnout & Mental Health



Signs and Symptoms

- Problems with concentration, memory or ability to think clearly
- Changes in eating (overeating or loss of appetite)
- Unable to complete tasks
- Feeling overly worried
- Feeling sad, empty, hopeless or worthless
- Sensitivity to sound, sight, smell and touch
- Irritability and restlessness
- Loss of interest in activities previously enjoyed
- Withdrawn or disconnected from others
- Changes in sleep (difficulty sleeping or sleeping more than normal; sleeping during the day and awake at night)
- Changes in energy level

A combination of symptoms lasting longer than two weeks might indicate a mental health condition.

Signs and Symptoms that Require Immediate Attention

- Thoughts or plans of killing or hurting yourself or others
- Hearing voices or seeing things that no one else can hear or see
- Unexplained changes in thinking, speech or writing
- Being overly suspicious or fearful
- Serious drop in school or work performance
- Sudden personality changes that are bizarre or out of character

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

Athlete Burnout

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

