Stress can have negative effects physically, mentally and behaviorally, and sustained amounts of stress can cause long-term damage to one’s overall mental and physical health. Stress can contribute to physical ailments such as, but not limited to:

- Headaches, fatigue, memory problems, difficulty sleeping, mental disorders
- Acne and other skin problems
- Rapid heartbeat, rise in blood pressure, heart attack
- Muscle tension, backaches, reduced bone density
- Nausea, stomach pain, heartburn, weight gain or loss
- Increased risk of diabetes
- Digestive problems
- Irregular or painful periods

Not all forms of stress are bad, but too much stress can have short- and long-term effects on physical and mental health. Student athletes report higher levels of negative emotional states than other adolescents, resulting in higher rates of sleep disturbances, loss of appetite, mood disturbances, short tempers, decreased self-confidence and inability to concentrate.

Major sources of stress for student athletes include:

- Pressure to win
- Competition for athletic scholarships
- Academic responsibilities
- Overtraining
- Lack of rest and recovery time

What to do when stress becomes too much

If you or someone you know is in crisis, seek help by calling 800-273-TALK (8255) to reach a 24-hour crisis center or 911 for immediate assistance.