

# 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 you previously enjoyed
- Withdrawn or disconnected from others
- Feeling like your brain is playing tricks on you (hearing knocking, scratching, name being called)
- Changes in energy level and sleep patterns (sleeping during the day and awake at night)

*A combination of symptoms lasting longer than a week 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 see or hear**
- **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**

## 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

**If someone you know is in need of immediate crisis intervention, call 1-800-273-TALK (8255), go to your local emergency room or call 911.**

