



# INVESTING IN MENTAL HEALTH EDUCATION WITH MINDWISE INNOVATIONS

In October of 2022, America East partnered with MindWise Innovations to provide comprehensive mental health education training to each of the conference's member institutions.

This initiative included extensive training, resources, and programming for hundreds of coaches and administrators, in addition to thousands of student athletes across America East's nine campuses.

## TOPICS ADDRESSED

- > Suicide Prevention
- > Bystander Intervention
- > Communication Skills
- > Psychological Safety
- > Coping Mechanisms
- > Referral Best Practices

## WHAT WE HEARD

Common themes heard from **coaches** and **student athletes**.\*

- > More demands on coaches
- > Athletes feel more pressure
- > Communication is tricky
- > Boundaries aren't clear
- > Social media interferes

I love coaching because we help athletes see what they can do. To see them achieve what they didn't think was possible.

Coaching is down the list of everything we do now.

Coaches are on the front line for everything.

I take on the athletes' stress.

When coaches or teammates are struggling, people know.

I know my teammates will be there for me. Even athletes from other teams - we support each other.

I keep doing this work because of the people I work with.

I don't want to add to my coach's stress.

I think my coach wants to help, but doesn't know what to say.

If I'm stressed about school, missing practice to study isn't the answer.



\*These are not direct quotes, but insights identified during our work. All conversations were anonymous and confidential.

# THREE THINGS YOU CAN DO TO SUPPORT YOURSELF AND YOUR TEAM

Below are three simple ways to promote a healthy team culture, help you take care of your own stress, and show compassion for yourself.

## HOW TO WALK THE TALK WITH PSYCHOLOGICAL SAFETY

01

Follow through on what you say - if you're a leader or a team member.

02

Attitudes and behaviors build culture; be respectful, genuine and supportive.

03

Be consistent in your efforts and forgiving when it comes to mistakes.

04

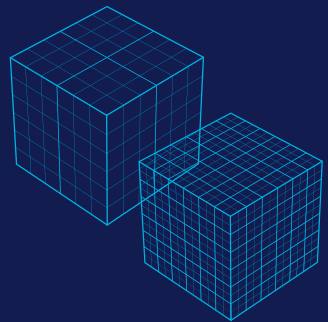
Give yourself the same compassion as you give to others.

05

Ask for help when you need it (vulnerability = strength)

## FEELING STRESSED? TRY BOX BREATHING

1. Sit or stand in a comfortable position
2. Breathe in through your nose and count to four
3. Hold your breath while slowly counting to four
4. Slowly exhale while counting to four
5. Repeat these steps, 8-12 times



## SELF-COMPASSION IS

kindness, patience, forgiving mistakes, pride in small moments, and self-empathy.