

# THE EFFECTS OF STRESS

## What to do when stress becomes too much

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**

**Overtraining**

**Competition for athletic scholarships**

**Lack of rest and recovery time**

**Academic responsibilities**

### SYMPTOMS OF STRESS

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



### REDUCE STRESS THROUGH SELF-CARE

- Get a proper amount of sleep nightly
- Make a hydration schedule to avoid dehydration
- Follow good nutrition recommendations
- Form hobbies outside of sports



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.

