**WHAT TO DO:**
- 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- Withdrawn or disconnected from others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

**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.

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**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