



Coaching Culture Podcast Coaching Notes

Episode 140: Supporting Athlete Mental Health with Lyndsey Fennelly

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Twitter: @LyndseyFennelly

Mental Illness: Impacts 1 in every 5 people.

Mental Health: Impacts 1 in every 1 person.

3 As

- Acceptance
- Awareness
- Advocacy

Advice for Helping Athletes on Mental Health

- Sleep
 - [Coaching Culture Episode 122 Why Athletes Need More Sleep](#)
 - Article on Sleep
 - [How and Why You Need to Sleep More](#)
 - [Six Habits to Improve Your Sleep](#)
 - [Why Sleeping More Will Make You a Better Coach](#)
- Phones
 - Set boundaries on your phone usage.



- Set a personal example on phone usage.
- Awareness on How Things Make Us Feel
 - Reinforce failure is not final and impact their self worth.
 - Their value as a person has nothing to do with them as a player

Suggestion for Coaches

- Download criticism at a certain point and time and then stop.
- Help players set goals of who they want to be, not just focusing on who they currently are.
- Sharing books with players are more impactful than following them on twitter or watching videos about them.