

MENTAL HEALTH

NALIN SOOD

**RETIRED COACH
WIBCA EXECUTIVE DIRECTOR**

a person's condition with regard to their psychological and emotional well-being.

"all this pressure seems to be affecting his mental health"

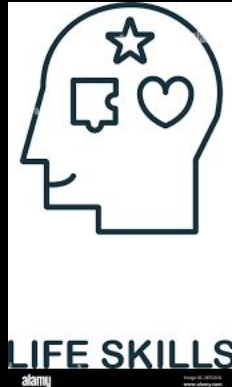
THE FIRST TIME....



THE MOST IMPACTFUL TIME...A Wake Up Call



HIGH SCHOOL BASKETBALL COACHING.....





WHY? LIFE OF A STUDENT ATHLETE

- Home Life
- School Life
- Social Media
- Pressure of Participation
- Pressure from Parents
- Pressure to Get a Scholarship (only ~2%) actually do
- Expectations Within Their Orbit (friends, peers, community)
- Societal Issues — Now More Than Ever
- EXPECTATIONS FROM WITHIN YOUR COMMUNITY

COACH SOOD.....



Warm &
Fuzzy
Feelings



....NOT REALLY...MORE TYPICAL



...HAVE FUN WITH "OUR" PLAYERS...CARE

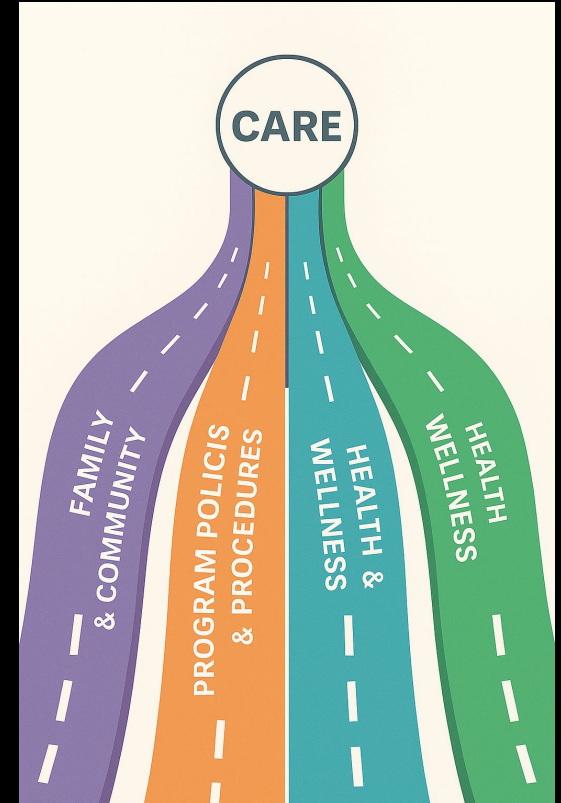


....SITUATIONS/EXAMPLES/RELATABLE

- DEATH OF KOBE BRYANT (2020)
- OFFICIAL GOING INTO CARDIAC ARREST
 - NOTE: WHAT IS YOUR EAP!!!!
- CLIMATE OF SOCIETYCULTURALLY, POLITICALLY,

WAYS TO SHOW THEM YOU/WE CARE

- **CREATING A PROGRAM ENVIRONMENT OF CARE**
- **BRING IN COUNSELORS TO PRACTICE..WHEN IF NEEDED**
- **CHALLENGING TIMES OR EVENTS**
 - **BRING TOGETHER OVER BREAKING BREAD**



REMINDE THEM.....



Cont.....

- **“GET TOGETHERS” OF “TEAM ONLY” AND REMIND THEM:**
 - **DADS**
 - **SONS**
 - **HUSBANDS**
 - **UNCLES**
 - **BROTHERS**
 - **HOBBIES AND PASSIONS OUTSIDE OF THE GAME**
 - **.....MORE THAN TESTOSTERONE FUELED COACHES**

KNOW THEIR INTERESTS AND PASSIONS

Challenge yourself to be educated and prepared to have conversations with them about topics such as:

- **Meditation**
- **Cars**
- **Shoes (shoes... shoes!)**
- **Music**
- **Food & Restaurants**
- **Non-Basketball Sports**
- **Outdoor activities**

**the presence of *trust* fosters better mental health by building
strong relationships and reducing *stress***

ALL ABOUT CREATING “TRUST” ...FOUNDATIONAL KEY



....AND LET THEM KNOW....WE LOVE OUR PETS

