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Promoting Occupational Balance in Student Athletes: A Health and Wellness Program

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PROMOTING OCCUPATIONAL BALANCE IN STUDENT ATHLETES



A HEALTH AND WELLNESS PROGRAM



Harleen Pabla

Site mentor: Neil MacDannald
Faculty Mentor: Carlin Reaume





BACKGROUND

POPULATION: High School Student Athletes

ORGANIZATION: Manteca High School

PROBLEM:

Lack of support and awareness for Student Athletes, Stigma around Mental Health

HEALTH OF ATHLETES:

High levels of pressure, lack of sleep, difficulty time management, stress, reduced overall life balance

CAUSES:

Depression, Stress/Anxiety, Decreased performance, Reduced quality of life, Burnout



PROGRAM PURPOSE

GAP

- No programs supporting student athlete wellness in high school

1

PROMOTE HEALTH AND WELLNESS

- Raising awareness

2

PREVENTION

- Prevent further distress
- Prevent negative coping mechanisms

3

PROMOTE OCCUPATIONAL BALANCE

- Educating students athletes on strategies/resources.

4

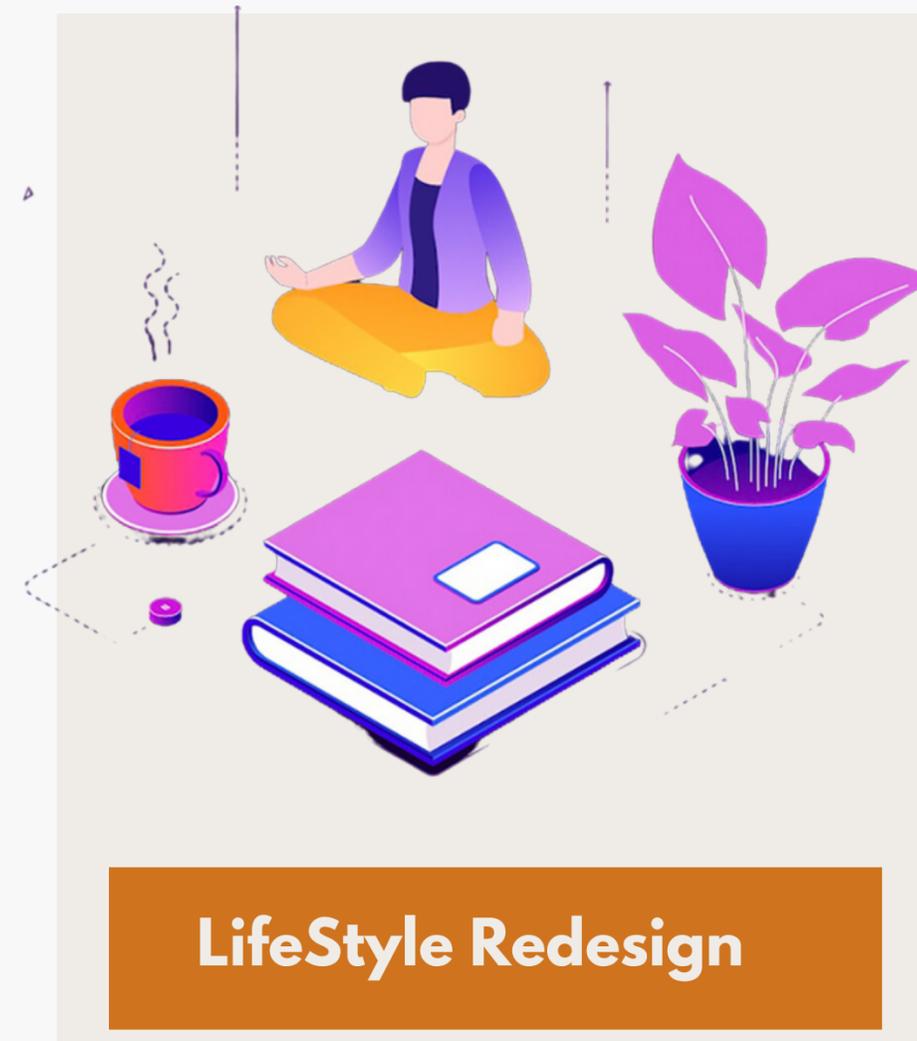
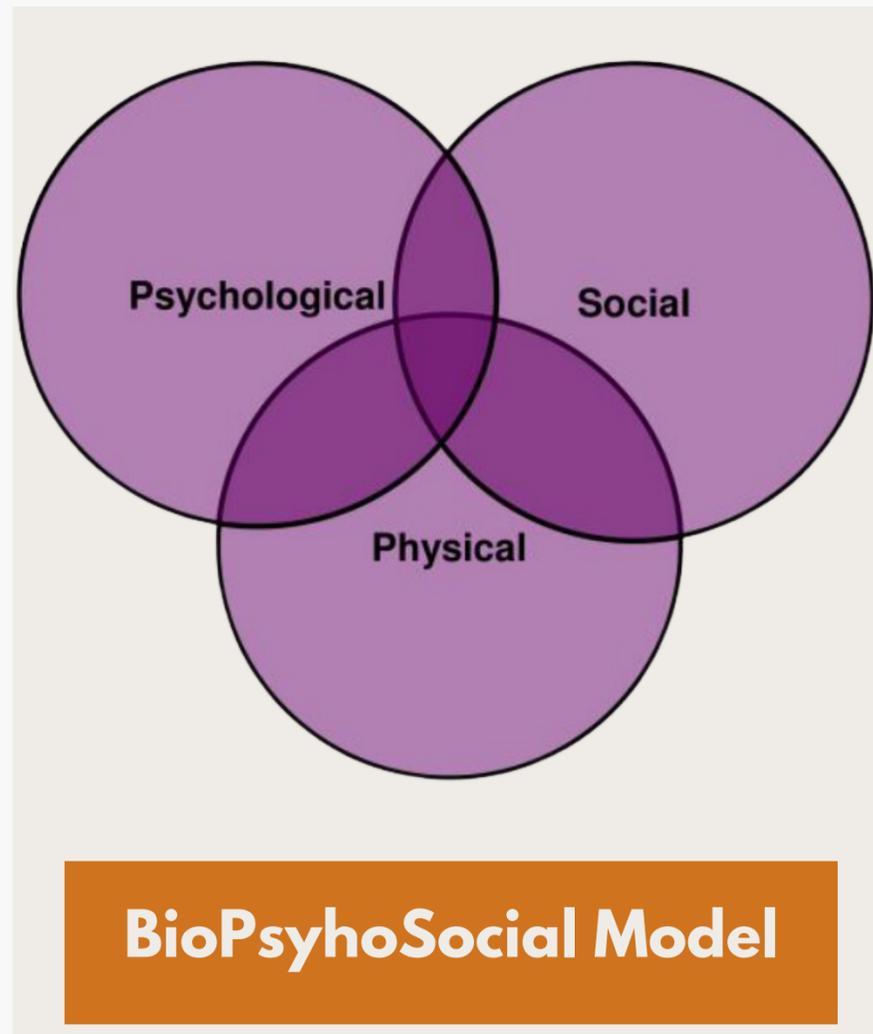
OPTIMIZE OCCUPATIONAL PERFORMANCE

5

IMPROVE QUALITY OF LIFE



GUIDING THEORY





BIOPSYCHOSOCIAL

Biological Factors:

Fitness level, Nutrition, Sleep Patterns, Injuries, and Recovery

Psychological Factors:

Stress, Anxiety, Depression, Self- Esteem, and Motivation

Social Factors:

Coaches, Teammates, Friends, Family and Athletic Community



LIFESTYLE REDESIGN



Balance

Balancing between sports, hobbies, socialization, personal time, school



Daily Routine/Habits

Adequate sleep, proper nutrition, time for self care



Time Management

Prioritizing tasks, utilizing tools like planners or digital calendars



Stress Management

Mindfulness, deep breathing, journaling



Environmental Factors

Optimizing living environment, supporting social network

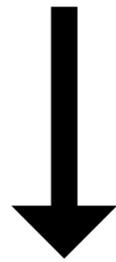


Self Reflection/ Goal Setting

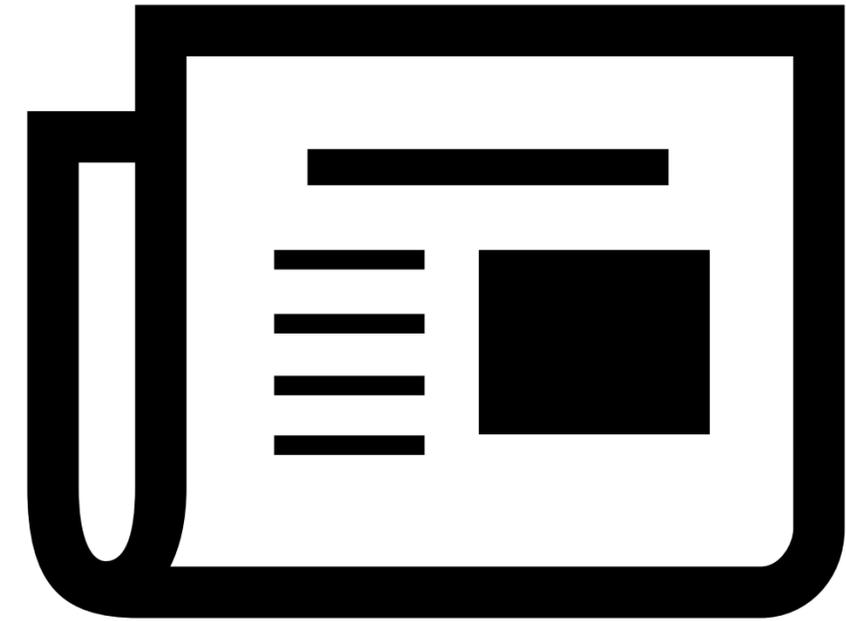
Reflection of current life choices, areas of improvement, realistic goals

LITERATURE REVIEW

Lack of support & awareness



- Time Management
- Enhanced Stress/Anxiety
- Difficulties with sleep
- Difficulty managing diet

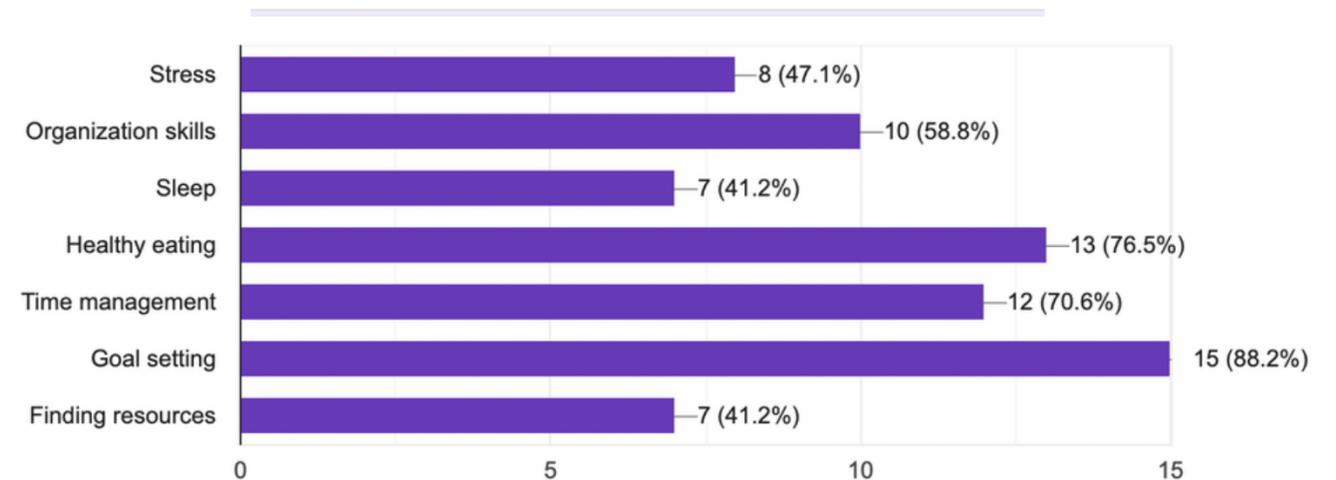
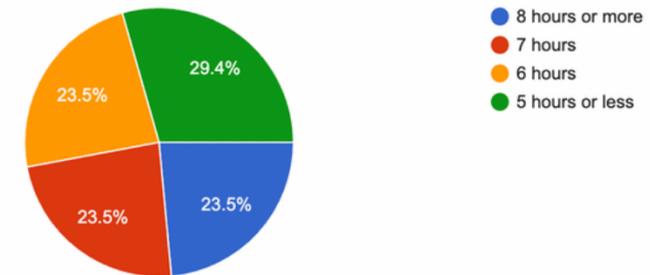
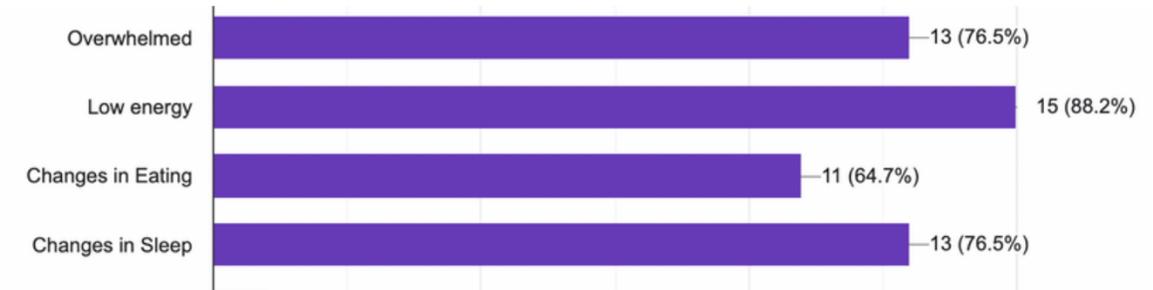
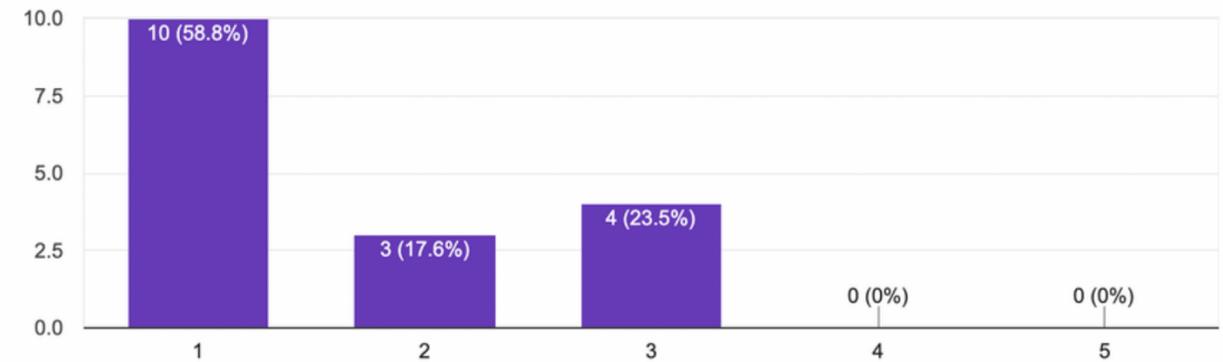


Decreases performance



- Class level/Sport/What motivates them?
- Questions on their satisfaction level for school and athletic performance
- Physical health/Mental health
 - Overwhelmed
 - Low energy
 - Changes in sleep
 - Changes in eating
 - Sleep quantity
 - Level of stress
- Identifying if they are aware of available resources
- Social support
- What areas they may need support with

NEEDS ASSESSMENT



PROGRAM

Health and Wellness Stream Classwork

Main Menu

[+ Create](#)

All topics

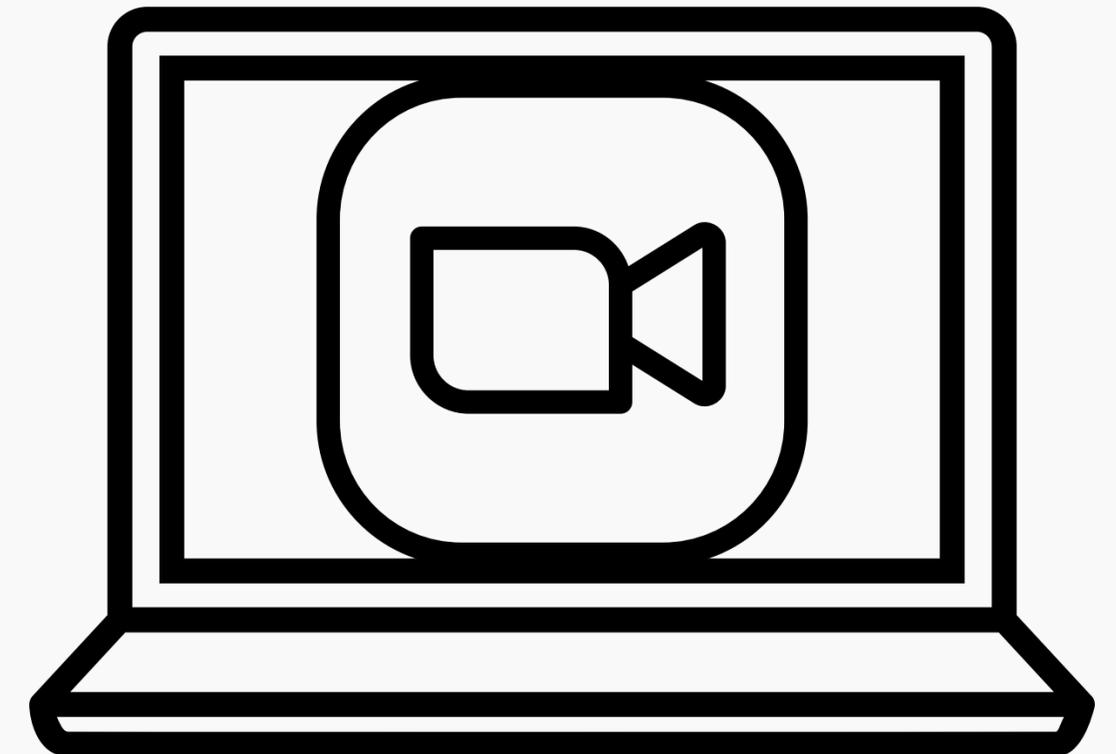
- Occupational balance
- Stress Management
- Sleep/Rest
- Healthy Eating
- Meaningful Relation...
- Time Management
- Injury Prevention
- Goal Setting
- Self-Reflection
- Resources

Occupational balance

-  Occupational Balance Introduction
-  Activity Sheet- Balance wheel

Stress Management

-  Journal
-  Mindful Meditation Resource
-  Stress Management



- Mindfulness Meditation
- Journaling
- Activity sheets

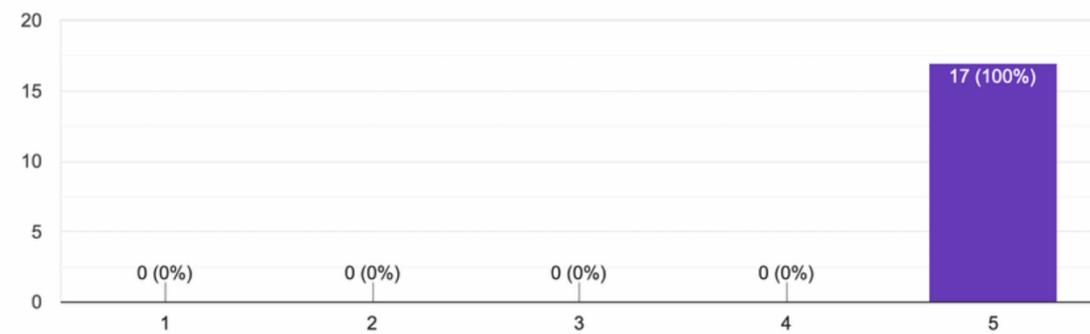
OUTCOMES

Workshops - 17 students Post Survey Results

On the scale of 1-5 how helpful was this information for you?

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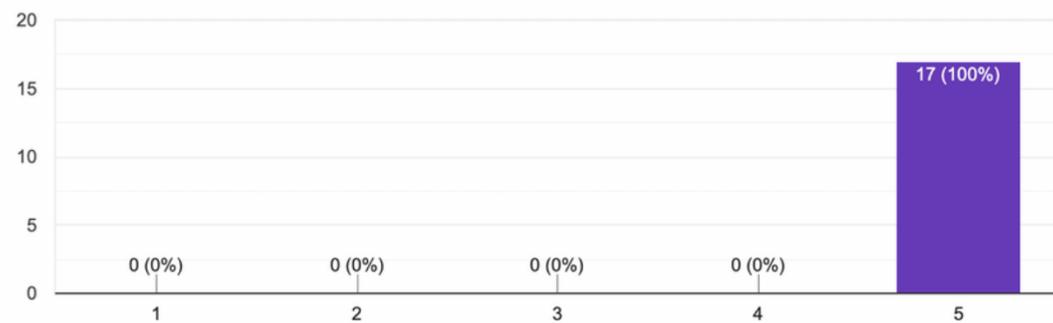
17 responses



On the scale of 1-5, how easy is to access the educational online platform? (Google classroom)

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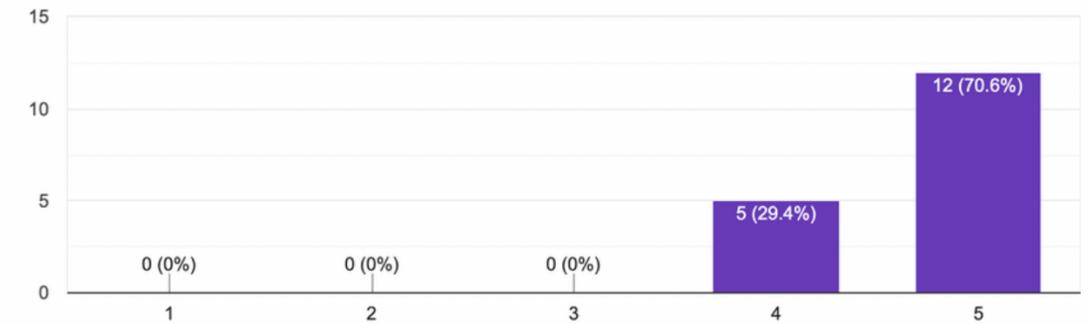
17 responses



On the scale of 1-5, how likely are you to apply the knowledge you gained in your personal life?

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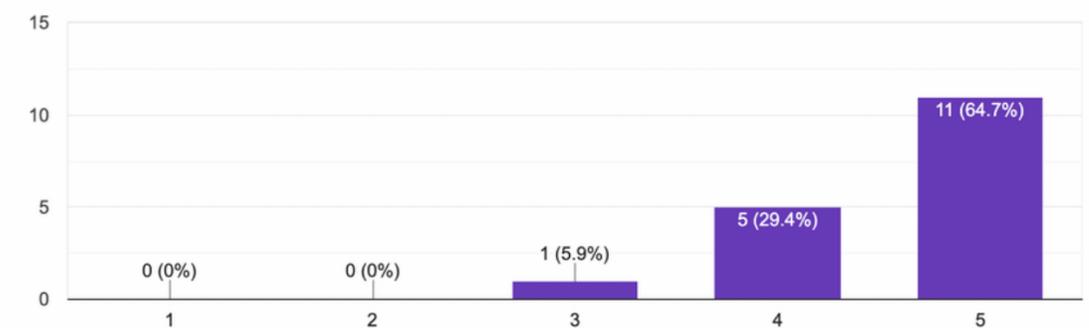
17 responses



On the scale of 1-5, how confident do you feel in identifying strategies to support your physical/mental health needs.

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17 responses



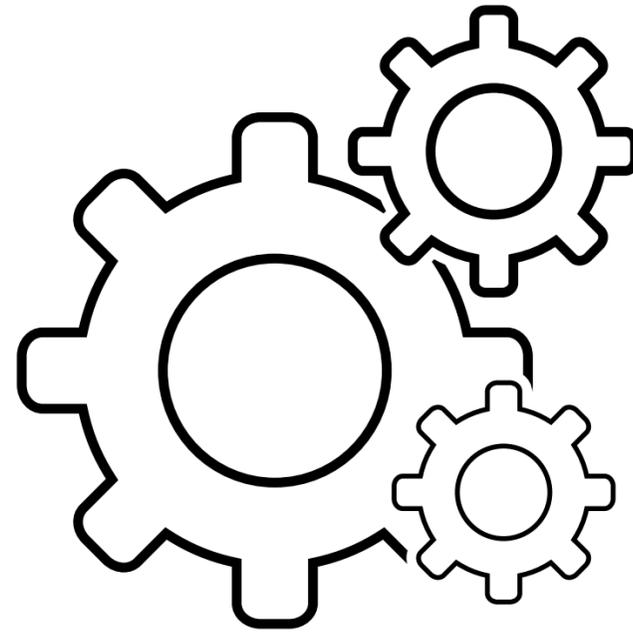


IMPACT



Me

- Knowledge
- Experience
- Competence
- Advocacy



Organization

- Tool-Kit
- Identifying Strategies
- Identifying Resources
- Promoted mental/physical health awareness



Expand

- Expand target population
- Coaches
- Distribute to all student athletes



DISCUSSION



Occupational Therapist

- Consultant for schools
- Holistic Approach
- Education
- Program Development

Quality of Life

ACKNOWLEDGEMENTS

→ Dr. Reaume

→ Neil MacDannald

*Thank
You*



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