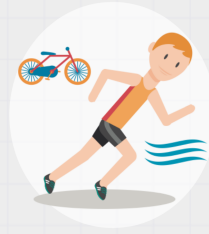


# How to help **JUNIOR** athletes to manage stress



## TIPS AND ADVICE

Despite the many benefits of sport and exercise, there are numerous negative consequences which occur as a result of sport during adolescence.

### Specialisation



Taking part in multiple sports can help to reduce burnout and staleness.

### Pressure



Help to support and encourage young athletes. Don't over pressure young athletes

Social support can help facilitate influence on sporting performance, and appropriate training to the family and friends of athletes can help to optimise its effect as an assistive strategy

### Coping



Teach athletes effective coping skills to deal with stress and pressure

### Autonomy



Develop autonomy in young athletes. Provide them with the skills and knowledge to problem solve and make their own decisions

Promoting optimistic attitudes may be a potential way of intervening to prevent stress and burnout in athletes

### Resilience



Teach young athletes to never give up. Help them to learn from their mistakes and failures

### Monitor



It is important that player wellness, including stress is monitored on a regular basis