

Girls Sports and Mental Health



PRESENTED BY  Sutter Health

Keeping their love of the game strong.

Sports bring us together. They build community, create purpose and help us find belonging. Yet so many girls turn away from sports because of the unique pressures they face, like:

- **Body image issues** — An athlete's body may not resemble what society labels the 'ideal' body.
- **Burnout** — Young girls face many expectations, and when mixed with sports, can lead to burnout.
- **Performance anxiety** — Excessive worry can lead to a feeling of not being good enough.
- **Social comparison** — Many girls are told they won't be as good as boys at sports, which can be demoralizing.

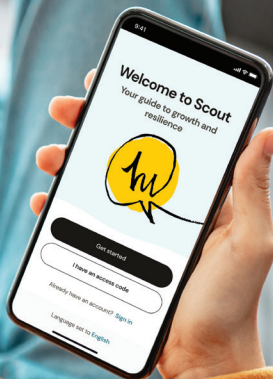
How can parents help?

Athletes depend not only on their physical strength, but also their mental resilience. As parents, we can help by:

- **Building wellness practices** — Help them discover breath work, mindfulness and visualization meditation techniques.
- **Encouraging them to express themselves** — When they face doubt, remind them that their feelings are OK.
- **Fostering a supportive environment** — By supporting them and offering guidance, they can grow and feel confident.
- **Giving them time to recharge** — We all need some time to relax, and our young athletes are no different.
- **Helping them explore their personal why** — When doubt creeps in, remind them of why they love their sport to help reconnect them with their purpose.



**Sutter
Health**



Scout by Sutter Health

With Scout by Sutter Health, you're never alone. This tool offers personalized support for teens and young adults to help cope with stress, communicate more effectively and develop a strong sense of purpose. Clinically backed and evidence-based activities, lessons and tools are designed to help improve mental well-being.

Right through their phones, your kids have access to:

- **Activities to reduce stress** — Develop mindfulness and stress-reduction tools.
- **Feelings tracker** — Express yourself and receive helpful guidance.
- **Mental health screening tools** — Learn more about yourself and your wellbeing.
- **Resilience exercises** — Mental health education to support wellbeing.
- **Support resources** — Find the help you need, when you need it.

Parents and caregivers can join, too! As a Scout Champion, you'll learn how to better understand adolescent mental health, teenage depression and anxiety.

Get started with promo code **SCOUTBAYFC**
at **sutterhealth.org/scout**



Sutter Pediatric Services

Sutter doctors are here to support you and your child on their mental health journey. Speak to them about your concerns and all your care needs.

Find a doctor today at **sutterhealth.org/kids-health**