

THE WAR IN THE MIND

FEMALE ATHLETES BATTLING PTSD

AND HOW YOU CAN HELP

THE STRUGGLE

Post Traumatic Stress Disorder (PTSD)

is a condition that develops after a traumatic event. In the case of athletes this would include injury and negative team experiences.

A large study in France showed that 20.2% of female athletes compared to 15.1% of male athletes experienced mental health disorders ([Hanes](#)).



THE IMPACT

Symptoms of PTSD in female athletes include:

- Avoiding practice and competitions
- Hesitancy while playing
- Difficulty concentrating
- Irritability

It is **important** that coaches, therapists, and family members are **aware** of this issue, so that they are better equipped to **empower** the affected athlete ([SAMSHA](#)).



THE SOLUTION

If you know someone who is struggling with PTSD and returning to their sport, it is vital that **YOU** provide support. You should not be dismissive of their feeling or their injury. Do not push them to participate in their sport too early. Playing their sport will not relieve symptoms of PTSD ([Lawrence et al](#)).



REMEMBER!

DO SAY

- "I believe in you."
- "I will be with you each step of your physical and mental recovery."
- "Your feelings are valid. What can I do to help?"

DON'T SAY

- "You are weak."
- "I don't know why your injury still freaks you out."
- "Why can't you just play like you did before?"

REACH OUT



SCAN ME



SOURCES



SCAN ME

ALYSSA, ASYA, CLAIRE, & MAKENZIE