

# Coping with Athletic Injury

center for Presented by  
**SPORT AND PERFORMANCE**  
psychology  
**HELPING YOUR CHILD** Be Mentally Strong

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*Parents & family serve as an important source of social support through an athletic injury.*

## **How you can help your athlete handle an injury**

Help bolster self-confidence by showing that you believe in your athlete's ability to cope with & return from the injury

Listen without giving advice or making judgments

Always show acceptance, empathy & encouragement through setbacks

Continually encourage & challenge the athletes to set goals & overcome them

Encourage your athlete to be excited about any progress made & always reinforce effort

Show unconditional support and love

Arvinen-Barrow, M & Walker, N. (ed.) (2013) *The Psychology of Sport Injury and Rehabilitation*. Routledge: New York, NY

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*The Center for Sport and Performance Psychology at Minnesota State Mankato works with athletes, exercisers, coaches, artists and professionals to help them gain the confidence and motivation they need to overcome barriers, refine their focus and prepare to face challenges at any level.*

For more information about The Center for Sport and Performance Psychology  
sportandperformance.org  
507-389-1230

