

Recognizing & Preventing Burnout

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

Burnout is physical, psychological & emotional response when athletes cannot effectively meet what they believe is expected of them.

You can recognize signs of burnout by watching for:

- Loss of motivation
- Lack of caring about performance
- Low mood or change in mood
- Increased irritability

You can help prevent burnout in your athlete by:

- Help guide athletes to set short-term goals that are realistic
- Practice caring communication & stay informed about how your athlete perceives his or her training
- Maintain a positive outlook & encourage athletes to have fun in practice & games
- Encourage your athlete to stay in good physical condition to prevent negative reactions to increased physical training.
- Reduce the importance of the outcome of events & encourage personal performance instead

Weinberg, R. & Gould, D. (2011) *Foundations of Sport and Exercise Psychology (5th ed.) Human Kinetics: Champaign, IL*

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
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