



# Mental Health & Elite Athletes

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# NICCO BY THE NUMBERS

**3** TIMES  
IAN



OLYMPIC  
IAN

**4** OLYMPIC  
MEDALS

**3** WORLD  
RECORDS



**32**  
YEARS OLD  
FROM FIRENZE

**16**  
YEARS  
SPORTS  
CARRER

**2** ENGINEERING  
DEGREES



**400.000**  
SHOTS FIRED

## 10 METER DISTANCE



## 50 METER DISTANCE



IT'S ALL ABOUT HEART...



**...BUT ULTIMATELY:  
THE MIND!**



66

FOR THE LONGEST TIME,  
I THOUGHT ASKING FOR  
HELP WAS A SIGN OF  
WEAKNESS BECAUSE  
THAT'S KIND OF WHAT  
SOCIETY TEACHES US.  
WELL, YOU KNOW WHAT?  
IF SOMEONE WANTS TO  
CALL ME WEAK FOR ASKING  
FOR HELP, THAT'S THEIR  
PROBLEM. BECAUSE I'M  
SAVING MY OWN LIFE.

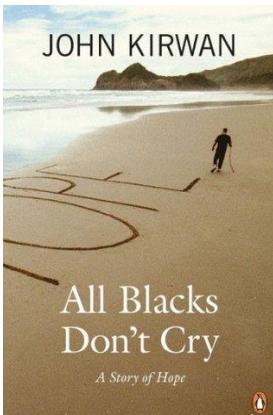
# MICHAEL PHELPS

Swimming legend,  
23-time Olympic gold medalist

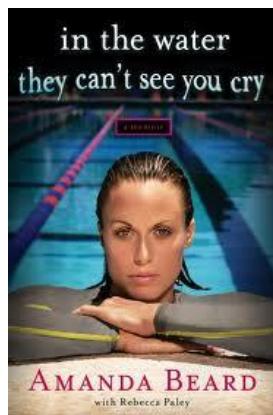
**Suffers from depression and was suicidal three years ago**



USA TODAY



# All Blacks Don't Cry



in the water  
they can't see you cry

## AMANDA BEARD

The logo consists of a white stylized 'I' and 'O' icon above the text 'IT'S OK' and 'BE OK.' in white capital letters.

IT'S OK NOT TO BE OK. TO SHOW WEAKNESS, WE'RE TOLD IN SPORTS, IS TO DESERVE SHAME BUT SHOWING WEAKNESS, ADDRESSING YOUR MENTAL HEALTH, IS STRENGTH.

**MARDY  
FISH**

Former No. 1-ranked American tennis player Suffers from severe anxiety and panic attacks



**Back from the Brink**  
Gold (inset, in Sochi in 2014 and in Astana, Pa., in December 2018) says, "It's like I was in this snow globe. I could see the world around me, but I was just stuck."



# SKATER GRACIE GOLD ON HEALING FROM DEPRESSION



# Skier Lindsey Vonn reveals she's battling depression



# Mental Health Symptoms & Disorders

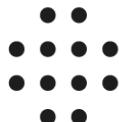
## Mental Health Symptoms

Negative patterns of thinking, emotions, and behaviors that can may cause distress and/or interfere with functioning including sport performance. These often develop in the presence of adverse life events.

(WHO, 2019; BJSM, 2019)

## Mental Health Disorders

Conditions which produce significant changes in a person's thinking, emotions and/or behaviors over several weeks or more and that are associated with significant distress and/or disability in social, occupational or other important activities like learning, training or competition.



(DSM-5, 2013; WHO, 2018)

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## Threats to your Mental Health

- Adverse Life Events (trauma, loss, illness)
- Prolonged and/or repeated concussion(s)
- Injury with long rehab and/or surgery
- Transition from sport
- Poor Performance
- Career Dissatisfaction
- Social Media Immersion

- Life balance,
- Well-being,
- Optimism
- Peak performance

OR

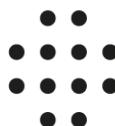
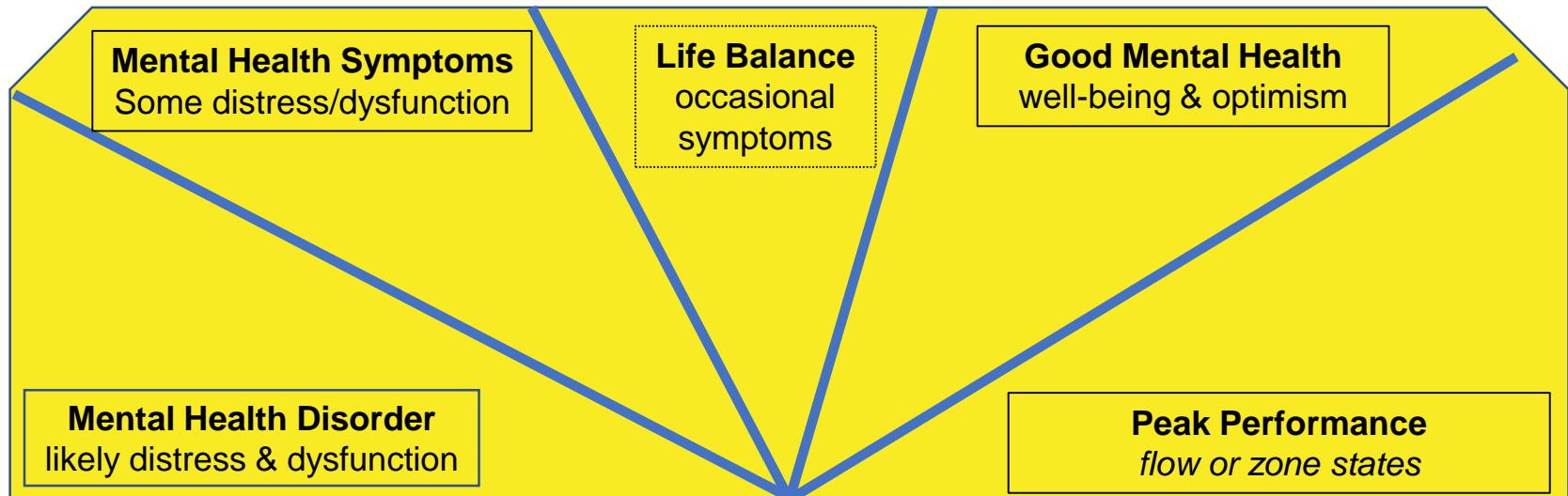
- Alcohol
- Anxiety/Anger
- Disappointment
- Depression
- Disordered Eating
- Drug Misuse
- Problem Gambling
- Insomnia

## Support for your Mental Health

- Exercise & Nature
- Enjoyable Activities
- Nutrition & Diet
- Supplements
- Sleep & Energy
- Stress Control
- Relationships (family, friends, teammates, etc)
- Religious/Spiritual Involvement
- Service to Others



# Mental Health & Athletic Performance



Adapted from M Lardon, 2012

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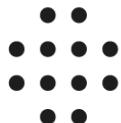
# IOC programmes and initiatives on Mental Health

**Nov 2018:** IOC consensus meeting on mental health

**Jan 2019:** Decisions of IOC Athletes' Commission and IOC Executive Board

**March 2019:** Establishment of an IOC Working Group on Mental Health

**May 2019:** Mental health in elite athletes: IOC consensus statement published on BJSM





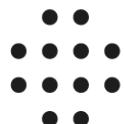
# IOC programmes and initiatives on Mental Health

## Ongoing

- Dedicated workshops at IF international events and IF Congresses
- #MentallyFit Athlete365 information page – for athletes and organisations

<https://www.olympic.org/athlete365/mentally-fit/>

- Partnership with Intel which includes exclusive services available for the member of the Athlete365 community, including LinkedIn Learning annual subscriptions and licences for 6 months' free access to Headspace available for members of the Athlete365 community.
- World Mental Health Day on Saturday 10th October!



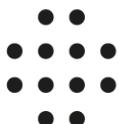
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# IOC programmes and initiatives on Mental Health

## Upcoming

- Sport Mental Health Recognition tool and Sport Mental Health Assessment Tool – both of which have now been published in the BJSM
- #MentallyFit Digital Athlete365 Awareness Campaign in the run up to Tokyo 2020
- IOC Mental Health Toolkit – for Sports Organisation, Athletes Entourage and Health Professionals. Available Spring 2021
- #MentallyFit Athlete helpline - Starting for Olympians at Tokyo 2020 and Beijing 2022



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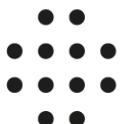


# IOC and Olympic Movement mission

MAKE THE WORLD A  
BETTER PLACE  
THROUGH SPORT



MAKE THE ATHLETES  
BETTER HUMAN BEINGS  
THROUGH SPORT



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## Contacts and resources

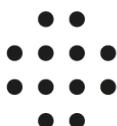
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<https://www.olympic.org/athlete365/mentally-fit/>

- IOC contacts:

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