

# MENTAL FITNESS FOR INJURED STUDENT-ATHLETES

## **Are you an athlete coping with injury?**

The ECU Counseling Center is hosting a weekly workshop to assist current and former student-athletes how to mentally cope with injury, manage stress, and increase motivation, while connecting with other injured athletes.

### **Topics include:**

- Coping strategies
- Increasing and maintaining motivation
- Managing anxiety and stress
- The “athlete identity”
- Building resilience
- Social support
- Goal Setting

GROUP TIME: 11:30am-12:30pm every Thursday in Whitlock 567.  
No signup or paperwork necessary. If you have any questions please contact [Nicholas.Rogell@eku.edu](mailto:Nicholas.Rogell@eku.edu) or call (859)622-1303.



Eastern Kentucky University  
**Counseling Center**

