TRUESPORT TALKS

THE MODERN PRESSURE PLAYBOOK

How do we protect athlete wellness in a 24/7 hyperconnected world?

1 SHAPE THE STORY

SHIFTING THE FOCUS

FROM

- Wins & losses
- Rankings
- Public expectations
- Pressure to appear perfect

TO

- Growth & learning
- Resilience
- Perspective
- Identity beyond sport

CHALLENGE THE MYTH

MYTH "STRONG ATHLETES DON'T STRUGGLE"

REALITY Strength includes self-awareness, support, and help-seeking.

2 DISCONNECT TO RECONNECT

USE TEAM TO DISCONNECT AND RECONNECT.

T **Take a minute.** Pause before you reply, post, or scroll.

E **Evaluate.** Is it accurate, safe, and worth your attention?

A **Act on your values.** Choose a boundary or a response - that protects you and respects others.

M **Message a trusted adult.** Struggling? Tell someone who has your best interests in mind and keep the screenshots.

3 PROTECT YOUR BATTERY



REST IS NOT INACTIVE. REST IS RECOVERY.

1. Ditch the late-night screens



2. Build a wind-down ritual
3. Plan with recovery in mind



4 MASTER YOUR MIND MOVES

PRESSURE IS PART OF SPORT.

Skills, support, and consistent habits determine how athletes move through it.

THE INTERNAL TOOLKIT

- **Notice & Name:** Call out the feeling
- **Reset:** Breathe, ground, pause
- **Refocus:** Take the next helpful step

A HEALTHIER SPORT CULTURE IS A SHARED RESPONSIBILITY

PARENTS & COACHES
Protect boundaries & celebrate the person

MEDIA & FANS
Tell stories with context & care

ATHLETES
Build your skills & protect your joy

TrueSport®