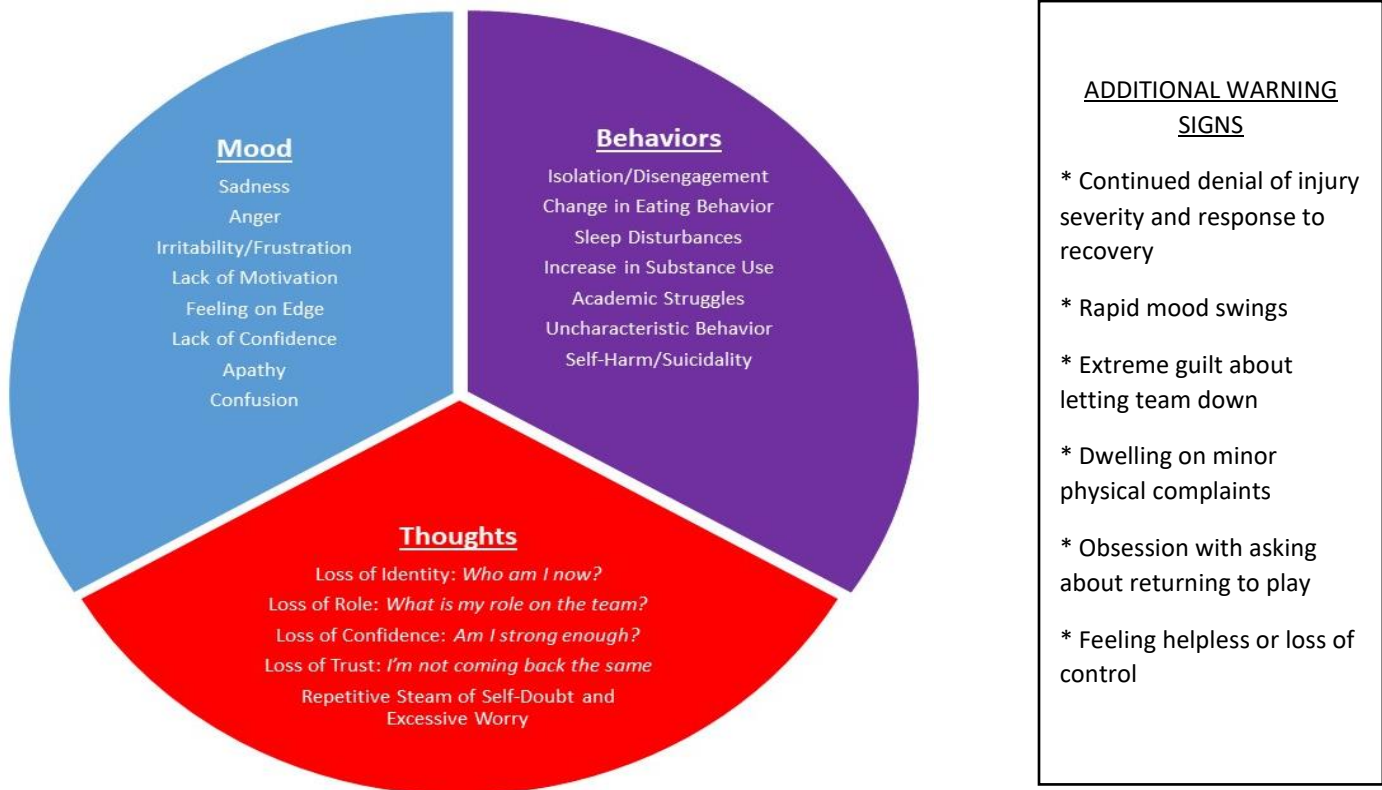


PSYCHOLOGICAL IMPACT OF INJURY

"Take the rugby away and I was lost, worthless. When I got back on the field I felt I had to be back to my best immediately. Then that was more pressure, more stress, more training, more negativity. With each injury came more depression" -Jonny Wilkinson World Cup Champion and member of World Rugby Hall of Fame.

How a student-athlete responds to an injury may differ, both in terms of time it takes for the body to heal and psychological adjustment. A response to an injury can activate mild to severe mental health issues and for good reason. **By understanding the potential challenges and impact of injury, student-athletes can strengthen and speed up their recovery.** Here is some information on what a student-athlete may experience from a mental and emotional perspective during the injury recovery process.

COMMON EXPERIENCES STUDENT-ATHLETES FACE WHEN INJURIES AND THE RECOVERY PROCESS BECOME INCREASINGLY DIFFICULT



- These reactions and experiences may resolve or becoming increasingly problematic, it is important to monitor your own reactions and responses during the recovery process and seek psychological support as needed.
- To schedule an individual psychotherapy appointment or consultation with Dr. Trevor Cote, please call 508-793-3363 or email at tcote@holycross.edu. If you would prefer, you may contact your athletic trainer who can provide additional information.