

## 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.

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



#### ADDITIONAL WARNING SIGNS

- \* Continued denial of injury severity and response to recovery
- \* Rapid mood swings
- \* Extreme guilt about letting team down
- \* Dwelling on minor physical complaints
- \* Obsession with asking about returning to play
- \* Feeling helpless or loss of control

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](mailto:tcote@holycross.edu). If you would prefer, you may contact your athletic trainer who can provide additional information.