

# HAWKEYE LIFE

## HEALTH AND WELL-BEING REPORT AUGUST 2021 - MAY 2022



### HEALTH AND WELL-BEING ISAAC SUB-COMMITTEE

- SAMANTHA CARY (SOCCER): CHAIR
- KALENA BURNS (SOFTBALL)
- KRIS MURRAY (M BASKETBALL)
- SAMANTHA TAMBORSKI (SWIMMING/DIVING)
- VIPASHA MEHRA (W TENNIS)
- LEAH KRALOVETZ (W TRACK/CC)
- SARAH BALLARD (SWIMMING/DIVING)



### FUELING STATIONS

HOSTED THEMED  
NUTRITIONAL SESSIONS  
DURING 2021-2022.

AVERAGE  
ATTENDANCE WAS 30  
STUDENTS PER SESSION



### DE-STRESS FEST

## HAWK IDENTITY

FIGHTING STIGMA - FINDING CONFIDENCE

MENTAL HEALTH AWARENESS PANEL  
FEATURING STUDENT-ATHLETE  
TESTIMONIALS ABOUT:

- MENTAL HEALTH
- INCLUSIVE CULTURE AND BELONGING
- INJURY RECOVERY
- DISORDERED EATING
- SUICIDE PREVENTION

130 ATHLETES/COACHES ATTENDED

### GO GREEN MENTAL HEALTH GAME

- STUDENT-ATHLETES ORGANIZED A SOCIAL MEDIA AWARENESS CAMPAIGN AROUND SEVERAL ATHLETIC COMPETITIONS (SOCCER, BASEBALL, SOFTBALL)
- FANS AND ATHLETES WORE GREEN AND THERE WAS TABLING AT THE EVENTS
- THE HAWKS-4-HAWKS VOLUNTEERS WERE RECOGNIZED AT COMPETITIONS

**Hawks 4 Hawks**  
Peer Support Training Program

HAWKS-4-HAWKS IS A PEER MENTAL HEALTH SUPPORT GROUP RUN BY THE UI SPORT PSYCHOLOGY STAFF. THE STUDENT-ATHLETES ATTEND EDUCATIONAL SESSIONS TO SUPPORT TEAMMATES. AVERAGE CLASS SIZE IS 15-20.

PRIOR TO FINALS WEEK, ACTIVITIES AND INITIATIVES WERE PROVIDED TO REDUCE STRESS AND HAVE FUN INCLUDING:

- PUZZLES AND CRAFTS
- MAKING STRESS BALLS
- SNACKS AND DRINKS
- THERAPY DOGS
- MASSAGE CHAIRS

DECEMBER 2021 FINALS: 40 STUDENTS  
MAY 2022 FINALS: 95 STUDENTS

### MYPLAYBOOK TRAINING

ALL INCOMING UI STUDENT-ATHLETES COMPLETE WELLNESS EDUCATIONAL MODULES:

- ALCOHOL & OTHER DRUGS
- SEXUAL VIOLENCE PREVENTION
- MENTAL HEALTH
- SLEEP WELLNESS
- SPORT NUTRITION
- HAZING PREVENTION
- TIME MANAGEMENT

185 STUDENT-ATHLETES PARTICIPATED

### DOG THERAPY

- ON-SITE PET VISITS
- TEAM PET ADOPTION



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