HAWKEYE LIFE
HEALTH AND WELL-BEING REPORT
AUGUST 2022 - MAY 2023

HEALTH AND WELL-BEING
ISAAC SUB-COMMITTEE

- SABRINA SHAW (SOCCER) CHAIR
- KRIS MURRAY (M BASKETBALL)
- VIPASHA MEHRA (W TENNIS)
- LEAH KRALOVETZ (W TRACK/CC)
- SARAH BALLARD (SWIMMING/DIVING)

HAWK IDENTITY
I AM AN ATHLETE. AND MORE.

TRANSITION OUT OF SPORT FAIR

THE EVENT INCLUDED TABLES AND BOOTHS, EACH FOCUSING ON A TOPIC THAT WAS ENDORSED AS IMPORTANT BY STUDENT ATHLETES TRANSITIONING OUT OF THEIR SPORT. THE GOAL WAS TO HELP FACILITATE A SUCCESSFUL TRANSITION FROM COLLEGIATE ATHLETICS TO FUTURE ENDEAVORS.

FEATURED A PANEL WITH FORMER STUDENT-ATHLETES:
- NICHOLAS BAER (MEN’S BASKETBALL)
- ALLIE WOOD (SOFTBALL)
- WREN RENQUIST (CROSS COUNTRY)
- MACKENZIE VANCE (GYMNASTICS)

EVENT SPONSORED BY UI ATHLETICS SPORT PSYCH & THE HEALTH & WELL-BEING OUTREACH COMMITTEE.

30 ATHLETES/COACHES ATTENDED

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.

DE-STRESS FEST

AT THE GERDIN ATHLETIC LEARNING CENTER (GALC) AND PRIOR TO FINALS WEEK, ACTIVITIES AND INITIATIVES WERE PROVIDED TO REDUCE STRESS AND HAVE FUN INCLUDING:
- BRUEGGER'S BAGELS
- MIDNIGHT SNACK
- PUZZLES AND CRAFTS
- MAKING STRESS BALLS
- THERAPY DOGS
- MASSAGE CHAIRS

MYPLAYBOOK TRAINING

ALL UI STUDENT-ATHLETES COMPLETE WELLNESS EDUCATIONAL MODULES:
- ALCOHOL & OTHER DRUGS
- SEXUAL VIOLENCE PREVENTION
- MENTAL HEALTH

DOG THERAPY

- ON-SITE PET VISITS
- TEAM PET ADOPTION

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