HAWKEYE LIFE
HEALTH AND WELL-BEING REPORT
AUGUST 2021 - MAY 2022

HEALTH AND WELL-BEING
ISAAC SUB-COMMITTEE

- Samantha Cary (Soccer): Chair
- Kaleena 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
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

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

MYPLAYBOOK TRAINING
ALL INCOMING UI STUDENT-ATHLETES COMPLETE WELLNESS EDUCATIONAL MODULES:
- Alcohol & Other Drugs
- Sexual Violence Prevention
- Mental Health
- Sleep Wellbeing
- Sport Nutrition
- Hazing Prevention
- Time Management
185 Student-Athletes participated

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.

DOG THERAPY
- On-Site Pet Visits
- Team Pet Adoption

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