**Hawkeye Life**

**Health and Well-Being Report**

**August 2023 - May 2024**

**Health and Well-Being Isaac Sub-Committee**

- Sam Calkins - Women’s Wrestling (Chair)
- Grace Banes - Softball
- Emily Erb - Gymnastics
- Halle Skibo - Soccer
- Sarah Ballard - Swim & Dive
- Alli Bookin-Nosbisch - W Track & Field
- Samantha Strauss - Women’s XC

**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:

- Study Snacks
- Insomnia Cookies
- Puzzles and Crafts
- Making Stress Balls
- Therapy Dogs
- Massage Chairs

**Dog Therapy**

- On-Site Pet Visits
- Team Pet Adoption

**Top 5 Performance Needs**

- Performance Anxiety
- Confidence
- Leadership
- Communication
- Interpersonal Relationships

**Top 3 Programming Topics**

- Stress Management
- Sexual Assault & Violence Prevention
- Alcohol Education

**Annual Investment Per Student**

- Athletic Training, Medical, Strength & Conditioning = $8,110
- Nutrition = $5,654

**MyPlaybook Training**

All UI Student-Athletes Complete Wellness Educational Modules:

- Alcohol & Other Drugs
- Sexual Violence Prevention
- Mental Health

**6 Fueling Stations for Student-Athletes**

**Sports Psychology**

10,170 Appointments (5-Year Total)

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