

## ATHLETE WELLNESS PROGRAMME

Services provided by the University for elite athletes

### Counselling:

- Pre & post-game Consultations
- Individual and Group Counselling
- Relationship Counselling
- Referrals to Psychiatric Consultations

### Specialized Treatment: Consultation for athletes

- Eating and sleeping habits
- Emotion management, distress tolerance, resilience
- Interpersonal relations and communication within team members
- Substance use and abuse

### Mind-Body Programme:

- Yoga and Meditation
- Stress management and improvement in overall well-being

### Workshops and Skills Training:

- Coping with Injury, anxiety, panic attacks, trauma
- Financial Planning

