



**STAY IN THE GAME**  
HEALTH TIPS FOR YOUNG ATHLETES



**STAY HEALTHY**

[WWW.SMD-HEAT.ORG](http://WWW.SMD-HEAT.ORG)







### DRINK PLENTY OF WATER

Staying properly hydrated is essential for an athlete's performance and their overall health. Your performance can decrease by 30% when dehydrated.

### GET PLENTY OF REST

Over-training doesn't get you better! A Proper rest and recovery schedule can prevent burnout and injury. It will also help you improve physically and mentally.

### FOCUS ON CONDITIONING

When athletes add age-appropriate strength, speed, endurance, flexibility and core exercise to their routine, they increase their physical, emotional, and mental strength.

### MAKE HEALTHY FOOD CHOICES

It's important to the development of young athletes to eat well-balanced meals. Natural foods are best i.e. fruits, vegetables, whole grains, lean meats, milk, cheese, and eggs.



### DEVELOP A GAME DAY ROUTINE

- ◆ Create a detailed game-day packing list.
- ◆ Healthy snacks and water for travel.
- ◆ Develop mental prep habits.
  - listening to music
  - visualizing performance



# VAPING NICOTINE + MENTAL HEALTH

Nicotine has not been found to directly cause mental health conditions, but numerous studies reveal troubling links between **vaping nicotine** and worsening symptoms of **depression and anxiety**.

Nicotine can amplify **anxiety** symptoms<sup>1,4</sup> and feelings of **depression**.<sup>2</sup>



81% of 15-24 year olds surveyed who had used **e-cigarettes** said they started vaping to decrease stress, anxiety, or depression.<sup>3</sup>



**Irritability, anxiety and depression** are some of the symptoms of nicotine withdrawal. **Vaping** nicotine relieves these symptoms, **but only temporarily**.

Quitting nicotine can lead to reduced **stress, anxiety, and depression** in the long term.<sup>3</sup>

90% of those who quit **vaping** said they felt less stressed, anxious, or depressed.<sup>3</sup>



<sup>1</sup> Kutlu MG, Gould TJ. Nicotine modulation of fear memories and anxiety: Implications for learning and anxiety disorders. *Biochemical Published Online First: 2015/08/02*  
<sup>2</sup> Lechner WV, Janssen T, Kahler CW, et al. Bi-directional associations of electronic and combustible cigarette use onset patterns with depressive symptoms in adolescents. *Preventive Medicine 2017;96:73-78.*  
<sup>3</sup> Truth Initiative Mental Health x Vaping Headline Survey Internal Data - August 2021.  
<sup>4</sup> Benowitz NL. Nicotine addiction. *N Engl J Med. 2010;362(24):2295-2303.*

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