



## **Journey Mental Health Center Supports Athletes Prioritizing Their Mental Health**

Olympic Gold Medalist. An impressive title, but what does it take to be one? Dedication, perseverance, sacrifice, and resilience? Incidentally, these are some of the same characteristics needed to maintain mental wellness. Unfortunately, not everyone appreciates or even understands the importance of good mental health, especially when it can affect an athlete's performance.

A major component of mental wellness is knowing your limits. Creating, establishing, and following through with personal boundaries that help to maintain mental health. Setting and maintaining clear boundaries is a form of self-care. That is why Journey Mental Health Center supports Olympic gymnast Simone Biles, professional tennis player Naomi Osaka, local Midwest Olympian, Jessie Diggins, and all athletes that put their mental health first. Both Simone and Naomi knew that making their mental health a priority was what was best for them. In response to withdrawing from the women's gymnastics team final competition, Simone Biles stated that "We also have to focus on ourselves, because at the end of the day we're human, too," She went on to add, "So, we have to protect our mind and our body, rather than just go out there and do what the world wants us to do." Ms. Biles knew that if she were to compete, she may seriously injure herself. The courage it took for her to realize this and to do something about it is amazing and should be applauded.

As Simone Biles recently remarked in an interview, "I say put mental health first. Because if you don't, then you're not going to enjoy your sport and you're not going to succeed as much as you want to. So it's OK sometimes to even sit out the big competitions to focus on yourself, because it shows how strong of a competitor and person that you really are — rather than just battle through it."

*If you are feeling unsafe or in crisis, please call the 24/7/365 Journey Mental Health Center Crisis Line at (608) 280-2600.*