

MENTAL HEALTH

Recognizing Burnout in Young Athletes

For parents and coaches: how to spot burnout early and help an athlete recover their love of the sport.

Burnout is common in intense youth sports. Catching it early protects both performance and well-being.

The warning signs

Dread before practice, dropping performance, irritability, sleep changes, or a fading love of the sport can all signal burnout.

How to respond

Listen without judgment, protect rest and downtime, and keep the sport in perspective. Sometimes a short break restores more than pushing through ever would.

Get help when needed

If low mood or anxiety persists, involve a qualified mental-health professional. Athlete well-being always comes before any routine.
