

Using of relaxation techniques for mental health in college coaches

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Abstract

This research poster will explore the intricate relationship between acute stress, its impact on health, and the potential alleviation through mindfulness techniques, specifically breathing exercises. Studies examining the effects of continuous stress on mental and physical health highlight the prevalence of anxiety, depression, and acute illness syndrome, particularly in contexts such as organizational stressors among female rowers (Simms et al., 2021).

The Review of the literature indicates there is efficacy of breathing exercises as a mindfulness technique in providing relief from acute and potentially chronic stress. By incorporating these findings focusing on Division I collegiate head coaches, this study may contribute to further understanding of stress mitigation strategies, offering practical insights into the application of breathing exercises as a means to enhance well-being and resilience in high-pressure coaching environments. Data will be analyzed using the Perceived Stress Scale, before and after a prescribed breathing exercise (6 deep breaths over 30 seconds). Qualitative data will also be collected via semi-structured interviews. This research will also discuss timely issues in college sports and may foster discussions on holistic approaches to athlete and coach well-being.