

Wellness for Student Athletes

The class: In this one hour workshop, student athletes will have the chance to explore the connection between their mental health and physical health. The ability to perceive stress or setback as a chance for growth is of paramount importance to well-being, and balancing the demands of athletics with the rigor of education provides young athletes the perfect opportunity to cultivate this wellness tool.

We will start with a brief discussion of the link between mind and body, then move into a 30 minute movement class, incorporating stretching, yoga, and a body scan, with the intention to increase mindful awareness of how the body and mind are feeling. A few minutes' reflection on this exercise will follow. We will then transition into a discussion of how cultivating a mindset of perspective can help us respond positively to stress and understand our identities as athletes within the wider framework of life.



The instructor: Carly Wynn is a semi-pro Nordic skier and endurance coach. She specializes in running and Nordic skiing, and emphasizes the intersection of physical and mental training.

Learn more about Carly at her website, www.CarlyOutside.com or at Open Door's website, www.opendoorworkshop.com/full-team-1

To schedule: Carly is happy to schedule this class at a time that works well for the team. Please contact Carly to discuss scheduling possibilities, or with any questions about the workshop. Email Carly at Carly@carlyoutside.com