

# Athlete Emotional Balance Checklist

A simple mental wellness tool for baseball and fastpitch athletes, parents, and coaches.

## Important Safety Disclaimer

This resource is for educational and informational purposes only. It is not medical advice, mental health treatment, crisis counseling, or a substitute for a licensed physician, therapist, psychologist, counselor, athletic trainer, or qualified medical professional. If an athlete may harm themselves or someone else, is in immediate danger, or you believe it is an emergency, call 911 or go to the nearest emergency room. In the U.S., anyone in emotional distress or suicidal crisis can call or text 988 or chat at 988lifeline.org.

## Purpose of This Checklist

Baseball and fastpitch athletes can feel pressure before games, frustration after mistakes, nerves during competition, and disappointment after hard losses. This checklist helps athletes notice what they are feeling, use simple reset tools, and know when to talk with a trusted adult.

It is designed for youth, middle school, and high school athletes. Parents and coaches can use it as a conversation starter, not as a diagnosis or therapy tool.

## How to Use It

Use this checklist before games, after tough moments, or during a quiet postgame conversation. Athletes can check what applies, write notes, and choose one simple next step. Adults should listen first, avoid judging, and seek professional help when concerns persist or feel serious.

## The 3-Step Emotional Balance Reset

### 1. Notice

Name what you feel: nervous, frustrated, angry, embarrassed, proud, confident, tired, or overwhelmed.

### 2. Reset

Use one tool: breathe slowly, take a short walk, drink water, talk to a trusted adult, or focus on the next play.

### 3. Respond

Choose one healthy action: learn from the moment, support a teammate, rest, practice, or ask for help.

# Athlete Emotional Balance Checklist

Pregame, in-game, and postgame tools for athletes and families.

## Pregame Emotional Check-In

| Check                    | Athlete Self-Check   | Notes / Follow-Up |
|--------------------------|--|-------------------|
| <input type="checkbox"/> | I know what I am feeling before the game: calm, nervous, excited, tired, frustrated, or confident.     |                   |
| <input type="checkbox"/> | I have eaten, hydrated, warmed up, and prepared my body as best I can.                                 |                   |
| <input type="checkbox"/> | I have one simple focus for today, such as compete, breathe, be a great teammate, or trust my routine. |                   |
| <input type="checkbox"/> | I understand that nerves are normal and do not mean I am unprepared.                                   |                   |
| <input type="checkbox"/> | I know one person I can talk to if I feel overwhelmed before the game.                                 |                   |

## During the Game Reset Checklist

| Check                    | Athlete Self-Check   | Notes / Follow-Up |
|--------------------------|--|-------------------|
| <input type="checkbox"/> | After a mistake, I can pause, breathe, and focus on the next pitch or next play.             |                   |
| <input type="checkbox"/> | I can control my effort, attitude, body language, and how I treat teammates.                 |                   |
| <input type="checkbox"/> | I can feel upset without yelling, blaming, throwing equipment, or shutting down.             |                   |
| <input type="checkbox"/> | I can accept coaching and still believe in myself.   |                   |
| <input type="checkbox"/> | If I feel too overwhelmed, I know it is okay to ask for a moment or talk to a trusted adult. |                   |

### Simple Reset Phrase

“Breathe. Reset. Next play.” Repeat it slowly, then choose one action that helps the team.

# Athlete Emotional Balance Checklist

Recovery after hard games, mistakes, losses,  
and pressure moments.

## Postgame Emotional Recovery Checklist

| Check                    | Athlete Self-Check   | Notes / Follow-Up |
|--------------------------|--|-------------------|
| <input type="checkbox"/> | I can separate who I am from how I played today.                               |                   |
| <input type="checkbox"/> | I can name one thing I did well, even if the game was hard.                    |                   |
| <input type="checkbox"/> | I can name one thing I want to improve without beating myself up.              |                   |
| <input type="checkbox"/> | I can talk about frustration or disappointment in a respectful way.            |                   |
| <input type="checkbox"/> | I can rest, eat, hydrate, and recover before trying to fix everything at once. |                   |

## What I Felt Today

|                                       |                                  |                                      |                                      |                                    |
|---------------------------------------|----------------------------------|--------------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Proud        | <input type="checkbox"/> Nervous | <input type="checkbox"/> Angry       | <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Confident |
| <input type="checkbox"/> Disappointed | <input type="checkbox"/> Tired   | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Excited     | <input type="checkbox"/> Calm      |

## One Healthy Next Step

|  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Talk to a parent or coach | <input type="checkbox"/> Take a short walk      | <input type="checkbox"/> Drink water and eat | <input type="checkbox"/> Write down one lesson |
| <input type="checkbox"/> Encourage a teammate      | <input type="checkbox"/> Rest before extra work | <input type="checkbox"/> Practice tomorrow   | <input type="checkbox"/> Ask for help          |

# Athlete Emotional Balance Checklist

When to pause, ask for help, and involve a trusted adult.

## When Adults Should Pay Closer Attention

Parents and coaches should consider getting support from a qualified professional when emotional struggles last for weeks or longer, cause distress, interfere with home, school, friendships, or sports, or when an athlete's behavior feels unsafe or concerning. You know your athlete best; when something feels off, trust your judgment and ask for help.

## Important Warning Signs - Do Not Ignore

| Check                    | Athlete Self-Check   |
|--------------------------|--|
| <input type="checkbox"/> | The athlete talks about wanting to hurt themselves or someone else.                      |
| <input type="checkbox"/> | The athlete seems unsafe, out of control, or in immediate danger.                        |
| <input type="checkbox"/> | The athlete withdraws from friends, family, teammates, or activities they usually enjoy. |
| <input type="checkbox"/> | There are major changes in sleep, eating, mood, anger, fear, or sadness.                 |
| <input type="checkbox"/> | The athlete has repeated panic, intense anxiety, or emotional breakdowns around games.   |
| <input type="checkbox"/> | The athlete cannot recover emotionally after mistakes, losses, or pressure moments.      |
| <input type="checkbox"/> | The athlete uses harmful coping behaviors or talks about giving up on life.              |
| <input type="checkbox"/> | A parent, coach, or teammate has a strong concern that professional help is needed.      |

### Crisis and Emergency Reminder

If there is immediate danger, call 911 or go to the nearest emergency room. In the U.S., call or text 988 or chat at [988lifeline.org](https://988lifeline.org) for the 988 Suicide & Crisis Lifeline. Do not wait if you believe someone may be unsafe.

## Optional Athlete Reflection Tracker

| Date | Game/Event | Feeling Before | Feeling After | Trusted Adult / Note |
|------|------------|----------------|---------------|----------------------|
|      |            |                |               |                      |
|      |            |                |               |                      |
|      |            |                |               |                      |
|      |            |                |               |                      |
|      |            |                |               |                      |
|      |            |                |               |                      |
|      |            |                |               |                      |

## Trusted Support Circle

Write the names of 2-3 adults or professionals the athlete can talk to when sports or life feel heavy.

| Name | Role | Best Way to Reach Them |
|------|------|------------------------|
|      |      |                        |
|      |      |                        |