

# PSYCHOLOGICAL RESPONSE TO INJURY

- Injury can be thought of as a stressor in your life and it can affect you in similar ways that other big life stressors do.
- How you deal and react to other stressors may influence how you respond to your injury.
- There is no one universal response to injury- athletes respond in different ways
- There is not one process of responses or “stages” that all athletes will go through. Emotional responses can be more intense at first and then subside. They can come in waves at different points of the recovery process.
- How stressful you think the injury is for you influences your response to the injury
  - Many things can influence how stressful you think the injury is for you
    - Some examples include:
      - past injuries
      - current stress in your life
      - how long you will be out of sport
      - other activities / interests you have in your life
      - support from others
      - personality style
- How well you think you can cope with the injury and rehab process will influence the different responses you will have
- Focusing on what you CAN control may help you cope with your injury and rehab process.
- Social support from family, teammates, friends, coaches, and others can improve injury recovery outcomes and be a buffer to persistent problematic responses.

