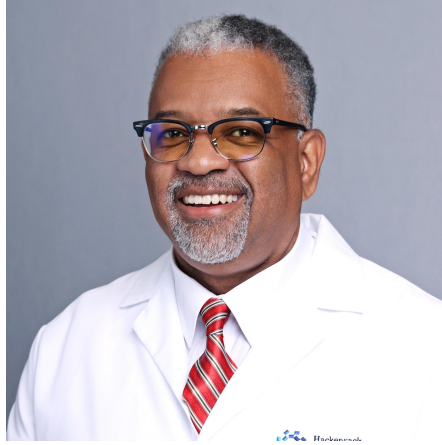


Mind & Performance: Sports Psychiatry for Athletes at Every Level

May 27, 2026

Physician Presenters



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Why Are We Here Today?

To help you understand the vital role mental performance plays in both athletic success and overall wellbeing.

- Discover how sports psychiatry can support athletes across the spectrum – from recreational youth participants to high school, collegiate and professional competitors.
- Learn about performance optimization, confidence building, stress and anxiety management, injury recovery, team dynamics and balancing sports with personal life.
- Whether the goal is healthy participation, competitive excellence or long-term resilience, we will explore how mental skills training empowers athletes to succeed both on and off the field.

Questions & Answers

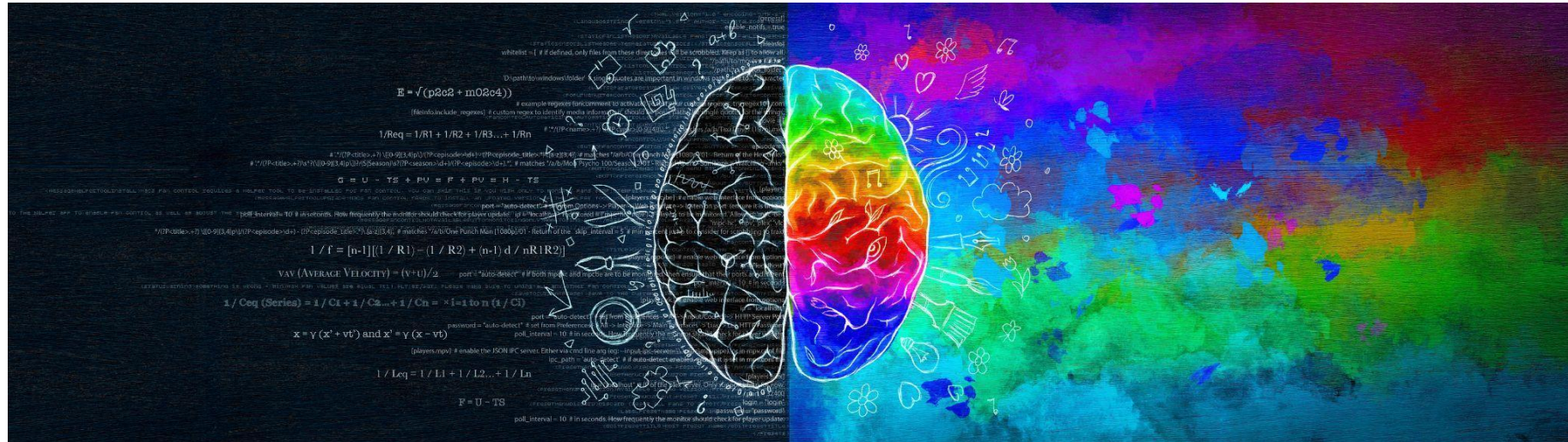
Resources:

- VISIT: HackensackMeridianHealth.org/HealthyMind

- SCAN:



- CALL: 1-844-HMH-WELL



Thank you for joining us!