

WORDS TO ACTION

#SJSUwordstoaction

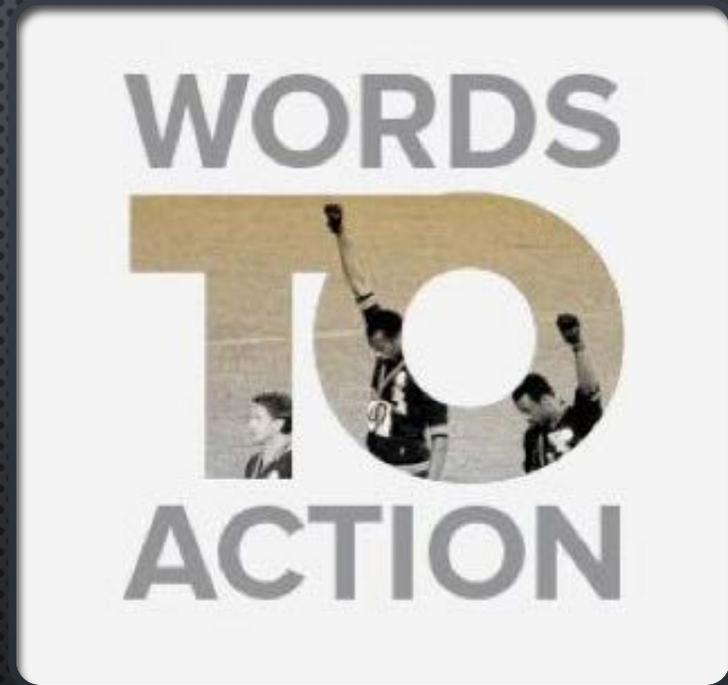


SPORT CONVERSATIONS FOR CHANGE

INSTITUTE FOR THE STUDY OF SPORT SOCIETY AND SOCIAL CHANGE

SAN JOSÉ STATE UNIVERSITY – SAN JOSÉ, CALIFORNIA

APRIL 2, 2020





- IN JANUARY 2017, SJSU LAUNCHED THE INSTITUTE FOR THE STUDY OF SPORT, SOCIETY AND SOCIAL CHANGE.
- SAN JOSE STATE OCCUPIES A UNIQUE NICHE IN THE HISTORY OF SPORT AND SOCIAL CHANGE—BECAUSE OF ITS PEOPLE. THE UNIVERSITY IS THE BIRTHPLACE OF THE OLYMPIC PROJECT FOR HUMAN RIGHTS (OPHR), A MOVEMENT LED BY HARRY EDWARDS THAT CULMINATED IN THE ICONIC PROTEST OF OLYMPIC MEDALISTS TOMMIE SMITH AND JOHN CARLOS.
- THE LEGACY OF EQUITY AND SOCIAL JUSTICE IS A PART OF SJSU'S DNA. THE UNIVERSITY WAS FOUNDED ON EDUCATION FOR ALL AND PROVIDING A VOICE FOR THOSE WHO MAY OTHERWISE REMAIN SILENT. THE ISSSSC HONORS THIS LEGACY AND CONTINUES THE DIALOGUE ABOUT ATHLETE ACTIVISM AND THE INFLUENCE OF SPORT IN EFFECTING POSITIVE SOCIAL CHANGE.
- AS OUR NATION CONFRONTS AND EXPLORES DEEPLY COMPLEX SOCIAL ISSUES, IT IS CRITICAL THAT WE CONTINUE TO CHALLENGE THE BOUNDARIES OF SPORT AND ACTIVISM. SPORT OFFERS THE OCCASION TO POSE BIG QUESTIONS, NOT JUST OF ATHLETES, BUT ALSO OF OURSELVES AND PROVIDE ENLIGHTENED PERSPECTIVES.

THE INSTITUTE FOR THE STUDY OF SPORT, SOCIETY AND SOCIAL CHANGE IS DEDICATED TO RESEARCH, ANALYSIS AND EDUCATION AT THE INTERSECTION OF SPORT AND SOCIETY.



COLLEGE SPORT, GENDER, AND MENTAL HEALTH AND COPING IN THE AGE OF COVID-19



Dr. Akilah Carter-Francique, Moderator

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Dr. Emmett Gill, Panelist

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Mel Day, Panelist

- Lecturer in the Department of Art and Art History here at San Jose State University. Film-maker, Co-founder of Wall of Song Project
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COLLEGE SPORT & ATHLETES

- NCAA ATHLETIC COMPETITIONS AND SEASON CANCELLED
- TRANSITIONAL CHALLENGES IN COVID-19: ACADEMIC ENGAGEMENT, SCHOOL-TO-HOME, CESSATION OF PRACTICES & COACH-ATHLETE INTERACTIONS
- WOMEN COLLEGE ATHLETES:
 - GENDER: CHALLENGES, SOCIAL INTERACTIONS, EMPOWERMENT
- MENTAL HEALTH AND COPING RECOMMENDATIONS
 - MUSIC THERAPY
 - PRACTICING RESILIENCE

Today, NCAA President Mark Emmert and the Board of Governors canceled the Division I men's and women's 2020 basketball tournaments, as well as all remaining winter and spring NCAA championships. This decision is based on the evolving COVID-19 public health threat, our ability to ensure the events do not contribute to spread of the pandemic, and the impracticality of hosting such events at any time during this academic year given ongoing decisions by other entities.

The image shows a screenshot of the NCAA website's COVID-19 Statement page. The main heading reads "COVID-19 STATEMENT" with the sub-heading "NCAA CANCELS REMAINING WINTER & SPRING CHAMPIONSHIPS". Below this is a navigation bar with links for "About Us", "Student-Athletes", "Division I", "Division II", "Division III", and "My Apps". The main content area features a news article titled "Division I Council extends eligibility for student-athletes impacted by COVID-19". The article text states: "The Division I Council on Monday voted to allow schools to provide spring-sport student-athletes an additional season of competition and an extension of their period of eligibility." It also mentions that members adjusted financial aid rules and that the Council's decision allows schools to self-apply waivers to restore one of those seasons of competition for student-athletes who had competed while eligible in the COVID-19-shortened 2020 spring season. A "Social Series" video player is visible at the bottom of the page, titled "NCAA Social Series: Dealing with a Pandemic".

WOMEN COLLEGE ATHLETES

CELEBRATING AND
SUPPORTING DURING
COVID-19



NATIONAL GIRLS &
WOMEN IN SPORTS DAY
LEAD HER FORWARD

SJSU'S NGWSD RECAP

- FEBRUARY 5, 2020, MARKED THE 34TH ANNUAL NATIONAL GIRLS & WOMEN IN SPORTS DAY (NGWSD). THIS CELEBRATION INSPIRES GIRLS AND WOMEN TO PLAY AND BE ACTIVE, TO REALIZE THEIR FULL POWER. THE CONFIDENCE, STRENGTH AND CHARACTER GAINED THROUGH SPORTS PARTICIPATION ARE THE VERY TOOLS GIRLS AND WOMEN NEED TO BECOME STRONG LEADERS IN SPORTS AND LIFE. WE INVITE YOU TO CELEBRATE NGWSD IN YOUR COMMUNITY AND TO JOIN THE WOMEN'S SPORTS FOUNDATION AS WE LEAD HER FORWARD IN 2020.
- [HTTPS://WWW.WOMENSSPORTSFOUNDATION.ORG/GET-INVOLVED/NGWSD/](https://www.womenssportsfoundation.org/get-involved/ngwsd/)

WALL OF SONG PROJECT

[HTTPS://WALLOFSONGPROJECT.COM/](https://wallofsongproject.com/)



FEELING
GOOD



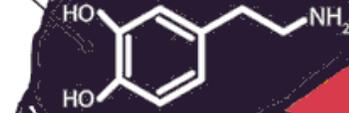


PSYCHOLOGICAL THEORY UTILIZING MUSIC

THE BRAIN AND MUSIC
DEFINING MUSIC THERAPY
BENEFITS OF MUSIC
THERAPY

Your Brain On Music

Listening to music causes the brain to release dopamine, a **feel-good chemical**.⁶



Music with a strong beat can stimulate brainwaves. Slow beats encourage the **slow brainwaves** that are associated with hypnotic or **meditative states**. **Faster beats** may encourage more alert and **concentrated thinking**.¹³

Music **occupies the mind** with something familiar and soothing.¹²

Music **alters patterns of pain, depression and disability**.¹¹

Music **acts as a distractor**, focusing the attention away from negative stimuli to something pleasant and encouraging.⁷

Music has the **ability to alter** breathing and heart rate.⁸

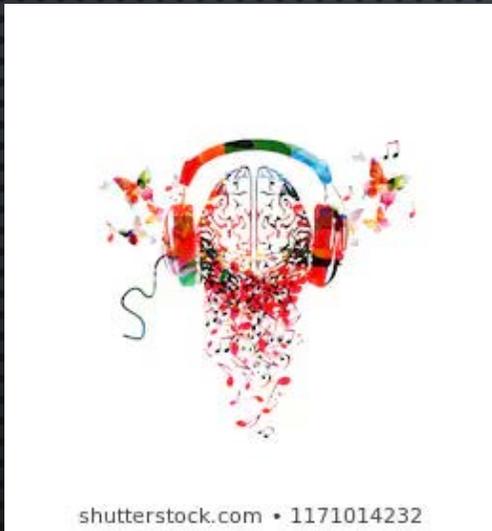
Music also has the power to **improve your state of mind**. This helps keep things like depression and anxiety at bay.⁹

Music can help **reduce the perception of pain**.¹⁰

credit: apmhealth.com

YOUR BRAIN ON MUSIC

WHAT IS MUSIC THERAPY?



Sound healing therapy uses aspects of music to improve physical and emotional health and well-being. The person being treated partakes in the experience with a trained practitioner. Music therapy may involve:

- listening to music
- singing along to music
- moving to the beat of the music
- meditating
- playing an instrument
- Healing with sound is believed to date back to ancient Greece, when music was used in an attempt to cure mental disorders. Throughout history, music has been used to boost morale in military troops, help people work faster and more productively, and even ward off evil spirits by chanting.

<https://www.healthline.com/health/sound-healing>

MUSIC THERAPY



Music Therapy + Depression

Patients with Music Therapy had a lower depression score after 6 months than psychotherapy alone

Treating Depression with Music Therapy



Clearvue Health

Erkkila et al

<https://www.healthline.com/health/sound-healing>

Music therapy is used to treat symptoms of a number of conditions, including:

- [anxiety disorders](#)
- [depression](#)
- [post-traumatic stress disorder](#)
- dementia
- autism spectrum disorder and learning difficulties
- behavioral and psychiatric disorders
- cancer

Some of the supposed benefits of music therapy include:

- lowers stress
- decreases mood swings
- lowers blood pressure
- lowers cholesterol levels
- teaches pain management
- lowers risk for coronary artery disease and stroke
- improves sleep

WHAT MUSIC THERAPY TREATS

MENTAL HEALTH & COPING STRATEGIES

PRESENTED BY DR. I.S. KEINO MILLER

DIRECTOR OF MENTAL HEALTH AND FOLLOW-UP CARE AT TULANE UNIVERSITY

RESILIENCE IN THE FACE OF CRISIS

Focus on What You Can Control

- Sometimes we fixate on events out of our control. But rather than blaming others or trying to change them, resilient people set their sights on what they can control. Ask yourself, "What can I control in this situation?"

Challenge Catastrophic Thoughts

- It's easy to assume the worst will occur and we won't be able to handle it. Instead, remind yourself of transitions and challenges you navigated in the past. Ask yourself:
 - What's the worst-case scenario?
 - What's the likelihood of that worst-case scenario?
 - Even if that unlikely worst-case scenario happened, could you handle it? (What *would* be the realistic consequences?)

Be in the Present

- What do you notice about your breath right now? Our breath is an excellent anchor in the present, but sometimes we get stuck in the past or worry about the future. Practice STOP: Stop, Take a few deep breaths, Observe, and Proceed.

Find Your Priorities

- The most resilient people see change as an opportunity to align priorities.
- How do you want to spend your time at Tulane?
- What's "really" important to you?

Practice Self-Care After a Loss

- Often life's transitions involve losses. During these transitions, don't push away feelings. Acknowledge your feelings as valid and consider what you might learn from the loss. Realize you might experience temporary sleep and appetite changes, with lower energy. Seek support among friends and family and consider speaking with a mental health professional.

MENTAL HEALTH & COPING STRATEGIES

PRESENTED BY NCAA & NATIONAL ALLIANCE ON MENTAL ILLNESS

COVID-19 AND MENTAL HEALTH

NCAA | **SPORT SCIENCE INSTITUTE**

COVID-19 & MENTAL HEALTH DAILY STRATEGIES

- Work Space
- Routine
- Activity
- Time & Energy Management
- Accessibility
- Connectivity
- Resources
- Support



Space.	Create a structured, dedicated work environment, and include regular patterns of self- care.
Routine.	Try to maintain a routine that reflects your normal day routine, including how you dress and structured breaks for lunch and mini-breaks.
Activity.	Regular exercise and mindfulness activities are key during times of crisis. Exercise and mindfulness activities help mitigate depression and anxiety while improving cognition and confidence. Develop a daily routine for both, even if this is as simple as a 15-minute walk and/or quiet time with deep breathing.
Time and Energy Management.	Be mindful of over- or under-working. Try to structure your daily work in a way that mirrors your normal workplace hours. In addition to time management, be aware of the way in which you eat, self-talk, and communicate with others. Self-compassion and self-care provide stability and confidence.
Accessibility.	Develop ways in which you are accessible to colleagues, friends and family.
Face Time and Connectivity.	Humans need to feel and be connected. Utilize video tools such as Microsoft Teams, Skype, Facetime, Google Hangouts, Facebook and WhatsApp to connect visually.
Resources.	Map out your important resources, ranging from daily necessities to emergency management.
Support.	The National Alliance on Mental Health Illness website provides a comprehensive guide to national and local resources. Know that there is help when needed.

DAILY STRATEGIES

THE NATIONAL ALLIANCE ON MENTAL ILLNESS RECOMMENDS DAILY STRATEGIES FOR SELF-CARE AND AWARENESS. FOLLOWING IS A SUMMARY OF GENERAL RECOMMENDATIONS. NCAA ADOPTED INFORMATION AND RECOMMENDATIONS. GO TO: [HTTP://WWW.NCAA.ORG/SPORT-SCIENCE-INSTITUTE/TOPICS/COVID-19-AND-MENTAL-HEALTH](http://www.ncaa.org/sport-science-institute/topics/covid-19-and-mental-health)

CONTACT US

PANELISTS AND ISSSSC

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Click Link Below to GIVE NOW

With its historic commitment to social justice and its unique history as the birthplace of the Olympic Project for Human Rights, SJSU continues to contribute to the national dialogue social issues through the lens of sport. SJSU's Institute for the Study of Sport, Society and Social Change is dedicated to research, analysis and education focused on the intersection of sport and society. As we develop compelling programming, meaningful research, and impactful curriculum on sport and social issues, we need your support. Join us in sustaining this work by making a gift to the Institute to sustain and expand our work.

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Giving to SJSU ISSSSC:

<https://securelb.imodules.com/s/1771/16/givingwide.aspx?sid=1771&gid=3&pgid=531&cid=1295&dids=4624&bledit=1>

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[HTTPS://WWW.SJSUWORDSTOACTION.COM](https://www.sjsuwordstoaction.com)



EXECUTIVE DIRECTOR

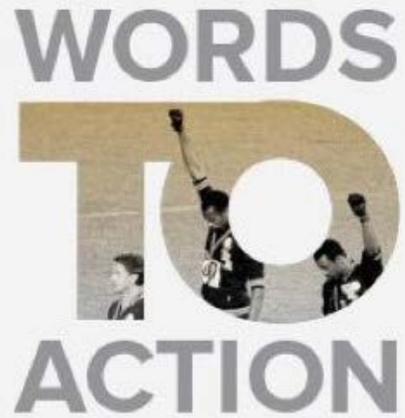


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