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## Understanding the athletic mind

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Modern day athletics aren't what they used to be. Sports have turned into large corporations, even turning youth athletics into inaccessible, money-making scenes. The cost and commitment of athletics today has given way to a world in which the mental wellness of athletes has declined rapidly. Being a part of a sport used to be about personal growth and community- working together as a team while finding yourself as an individual through performance. Overworking, exhaustion and millions of other variables give way into mental blocks creating dangerous environments for these players. Is it possible to shift the mindset of modern day athletes a generalized way that allows for positive mental growth with improved performance? This paper investigates the inner workings of the athletic mind and the ways in which sports organizations and coaches can improve the lives of these athletes on and off the field. The study focuses on the effectiveness of implementing the teaching of mental health literacy to athletes so they can understand how the mind works from a young age and whether or not this affects performance. Along with psychological processes will be researched carefully to discover any solutions toward improved performance and mental wellness. To bring back the importance of athletics, there must be a system in place to solve the widespread individual mental health issues of athletes and research from a psychological standpoint will bring about desired solutions to the mental health struggles athletes face today.