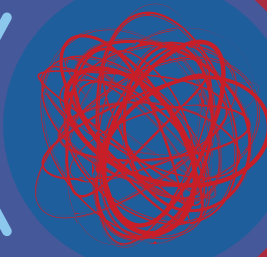


# identifying stress

Team communication issues, competitive anxiety, and performance anxiety are all stressors that esports athletes and traditional sports athletes face. Understanding how to identify this stress and address it on a player-to-player basis will become increasingly important as your team competes.

There are many symptoms of stress that your players may express, including...

easily annoyed



depression /  
lower self worth



headaches



exhaustion



lowered immune  
system



tense jaw



forgetfulness



loss/change of  
appetite

