



GIRLS ACADEMY
ADVISORY PANEL



GIRLS
ACADEMY

Go
Green

APRIL *Insights & Inspiration*

BE HEARD. OUR JOURNEY. OUR VOICE.

This monthly meeting guide is designed to spark meaningful conversations and gather valuable insights during your meetings. Each month, you will be asked to explore specific topics, discuss them together and share your reflections in the Voice Form.

- 1. Review the Monthly Topics.** Before your meeting take a moment to review and discuss the key topics for this month. These topics are intended to guide your conversation and inspire thought provoking dialogue.
- 2. Engage in Discussion.** Share your perspectives, ask questions, and listen to other's insights. This is a space for open and thoughtful exchange.
- 3. Complete the Voice Form.** After the discussion record your takeaways and any new insights by submitting your response in the Voice Form. Your input is valuable in shaping future GA initiatives.
- 4. Be Authentic and Reflective.** There are no right or wrong answers. This is an opportunity to share genuine thoughts and observations that emerged from the discussion.
- 5. Thank You for Your Engagement!**

MENTAL HEALTH RESOURCES

Morgan's Message Speaking Presentation:

https://thegirlsacademy-my.sharepoint.com/:b:/g/personal/admin_girlsacademyleague_com/EWh6-Lk49hdEoSyvzZoLZoBy9JgcSDrLGjoDglgFzSOZw?e=GukB3P

Mental Matchup Podcast:

<https://open.spotify.com/show/5GoLkQD2BV7I84NjgPolk4?si=a2c6c5418c5a476d>

"Welcome to The Mental Matchup®, a podcast and blog series where we share stories about the mental health journeys of fellow athletes. This podcast will shed light on one of the hardest competitions an athlete will face - the matchup against their own mind. We have created this safe space for processing difficult topics and emotions, and to make people feel less alone."

Athletes Mental Health Foundation: <https://www.athletesmentalhealthfoundation.org/>

The Athletes Mental Health Foundation is a non-profit organization dedicated to changing athletic systems to better support athlete mental health. While we work to change the systems, we want to ensure that athletes are equipped with mental health resources.

Katie's Save <https://katiessave.org>

Katie's Save fights for systemic changes at colleges and universities to promote mental health, protect students and prevent suicide.

Instagram Pages: Psychology Posts | Mental Health

<https://www.instagram.com/psychologyposts/?igsh=NWFvc3FqMWxybWox>

<https://www.instagram.com/mentalhealth?igsh=a25oYmxzbGNmY2I5>

<https://www.instagram.com/athletesmentalhealthfoundation?igsh=MWR6c3BwemxndzI3bw==>



➡ Green Out Games 4/12

Develop a plan with your club and/or to support Mental Health Awareness. We encourage all players to add a touch of green to their game-day look—whether it's green wrist tape, hair ribbons, pre-wrap, headbands, or any other accessory—to show support for mental health awareness on Saturday April 12th. Let's use the GA platform to spark conversation, break the stigma, and remind each other that mental health matters—on and off the field.

➡ Green Out Games 4/12

What are some ways you deal with personal stress? Have an open discussion about tools, resources or routines that you use to help with stress relief, time management and relaxation. Compile a list of physical tools (stretching, sleep routines), time management tools, support systems, apps or additional resources that can be helpful. Commit to testing one new tool in the coming weeks.

APRIL



SUBMIT A VOICE FORM
AFTER MEETINGS AT THE
TEAM OR CLUB LEVEL.

- National Stress Awareness Month
- Earth Day
- Green Out Games Saturday 4/12/25

Share Your Content