

Sample Team Discussion Points for End-of-Season Team Meeting

These discussion points are intended to provide general guidance to assist in holding a team meeting at the end of a season in which a crisis occurred.

“During this season, our team has experienced an event that impacted us all in some way.”

- Provide a brief overview statement—from a personal perspective—about the event and how it affected the team, staff, and families.

“Our team, along with the NFL, helped hold us together and worked to provide support to players, former players, coaches, team personnel, and their families.”

- Talk about support to the team and affected people following the event (provide specific examples or model behaviors of support or assistance).

“Routines and togetherness play a big role in keeping us healthy through tough times.”

- Underscore how supporting one another—individually, as players, and as a team—has made a difference, and how the routines of our work—practices, meetings, drills, games, and travel—also keep us going and help us cope with stress.

“Stay connected in the off-season.”

- Say that even though team members are going in separate directions, they need to stay connected, maintain routines, and lean on one another. They need to check in with one another, and remember that they're here for one another.

“During difficult times like these, relying on your support system [within the team and at home] is vital.”

- Point out who is available during the off-season to provide support (e.g., Director of Player Engagement and team mental health professional).

“Seek assistance or extra support if you or someone you know needs it.”

- Note that people may still be struggling to make sense of what has happened, and this can affect their personal lives and relationships.
- The NFL has resources available 24/7 that can provide assistance off the field:
 - The NFL Life Line offers information about emotional wellness, a self-check quiz, videos from former NFL players, and a confidential, independent help line and online chat service—all there for support with personal, relationship, or emotional issues. Members of the NFL family can call (800) 506-0078 or visit www.NFLlifeLine.org to chat online.
 - Cigna's Total Wellness resources are available at (866) 421-8628.
 - Tell everyone to put these phone numbers in their phones now, before they leave.

“We have provided information on support and resources for you.”

- Leave information about team or NFL support resources at the lockers, pass them around to players, and/or email them.

“We do not have to go through our troubles alone.”

- Tell them, “We will get through this together.”