



# REAL MEN *do cry*

**by Eric Hipple**

*Former  
NFL Quarterback  
for the Detroit Lions*

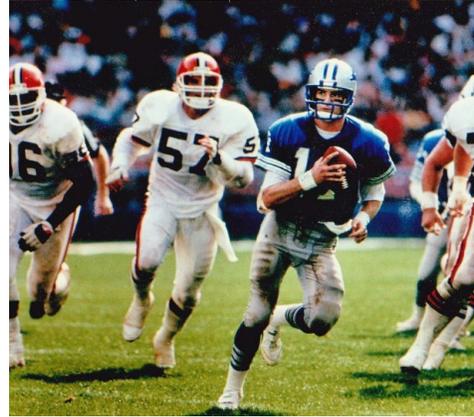
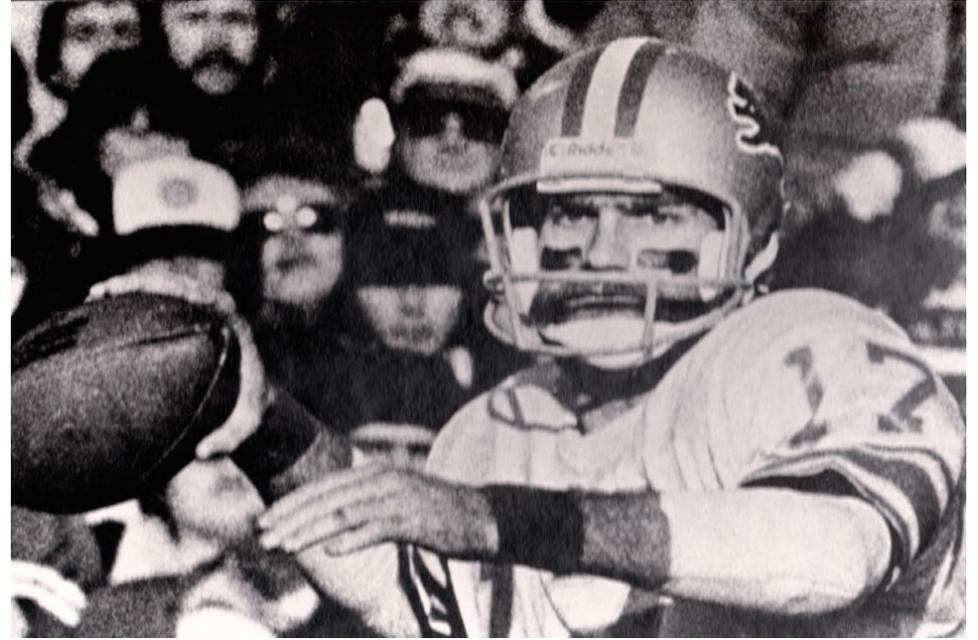
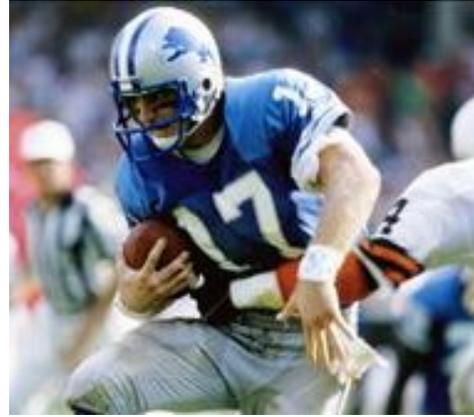
A Quarterback  
Inspired  
of

## Mental Fitness Survive and Thrive

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Honorary Doctorate  
Outreach Specialist  
MIRA, CNS, ATIF, SPESA  
NFL Alumni  
Detroit Lions  
Peer2Peer Captain

# WE ALL HAVE A STORY

- Grew up in Los Angeles
- Utah State University
- 4 year starter
- Rated 6<sup>th</sup> in NCAA
- USU HOF
- 10 year NFL career
- 2 playoff bids
- Divisional Championship
- LIONS MVP



# SUCCESS







# TRANSITIONS

Loss of Identity  
Loss of support  
Loss of relationships

Ostracized:

Need to belong  
Apathy/depression  
Revenge/anger



# Loss and Grief

Many  
Symptoms

At age 15



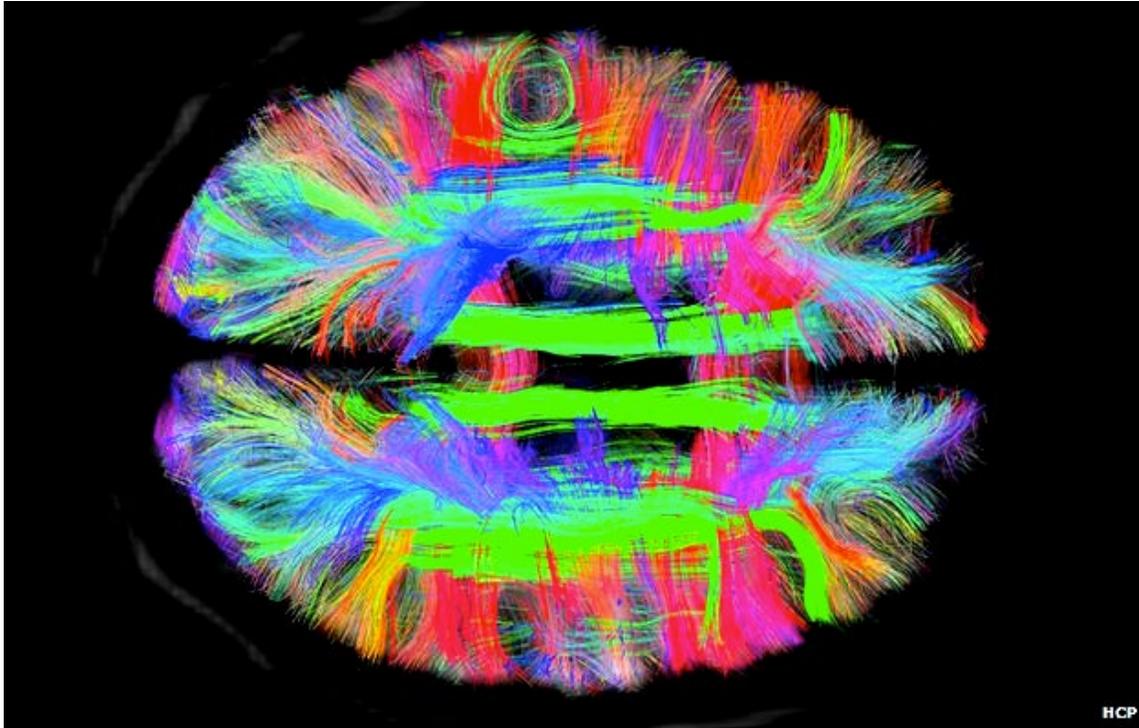
OUR PAST MAY SHAPE US  
BUT IT DOESN'T DEFINE US



What defines us is  
what we do next

# Mental Health

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



# BRAIN PLASTICITY

Experimentation

Feedback loop

Practice

Habit

Complex and Connected

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# What's the PROBLEM ?

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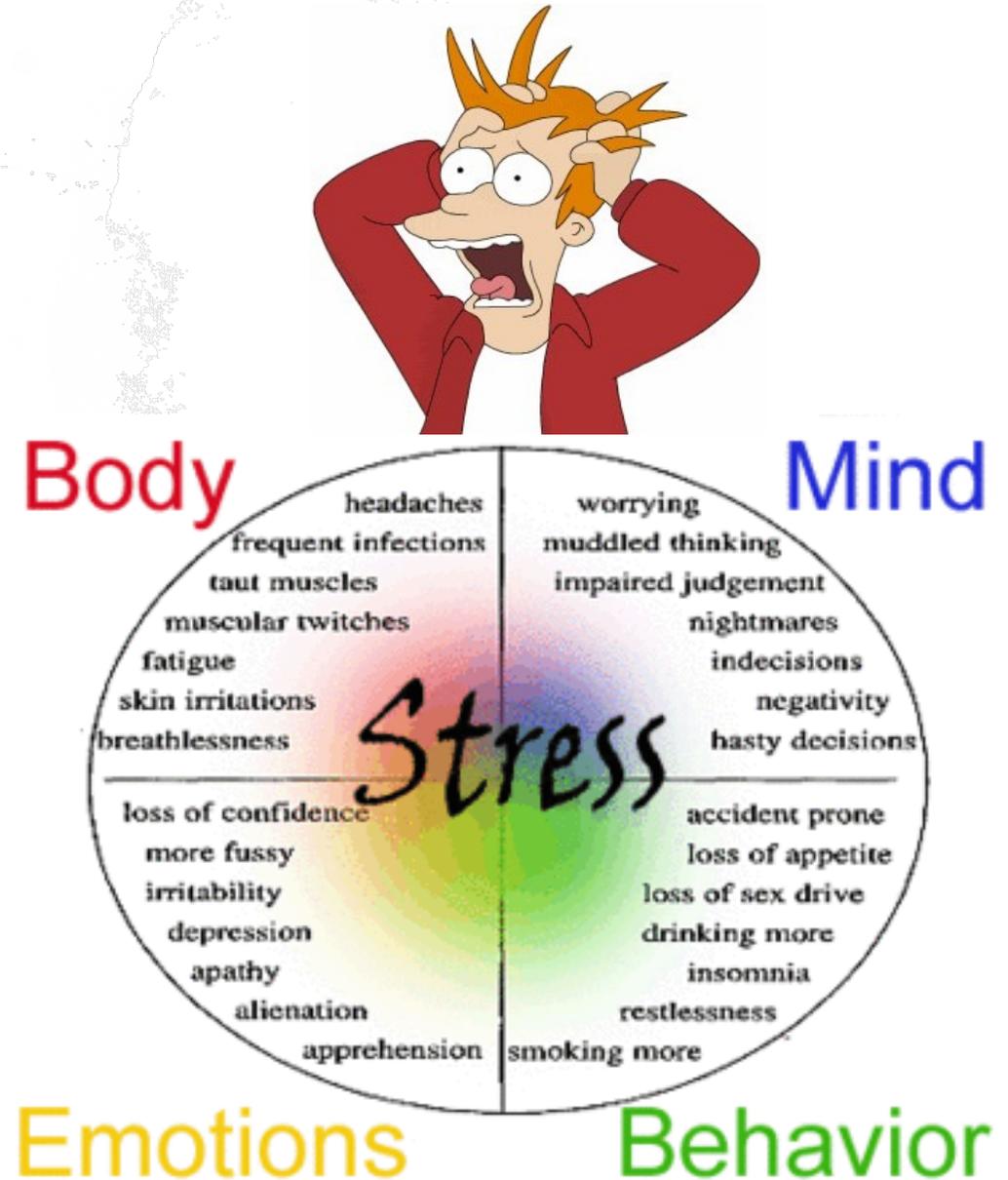
- Financial
- Relationship
- Housing
- Work
- Transition
- Health



# Managing Stress

## 5 Components

- Predictability
- Controllability
- Relationships
- Trust
- Meaning

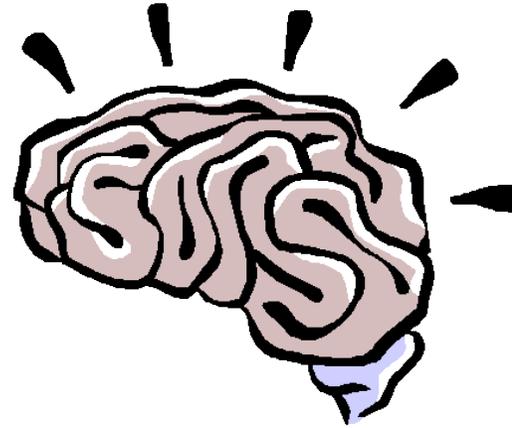


# Trauma

- An Experience
- Physical OR non physical

## TRAUMA DEBRIEFING

- What happened
- What was the worst part for you
- Symptoms you are experiencing
- How are you functioning now
- Appreciation and strength



**Trauma can lead to triumph**



# Brain Illness

- Depression
- Anxiety disorder
- Addictions
- PTS
- Bipolar
- OCD



TREATABLE:  
Talk Therapies/CBT DBT  
Medications

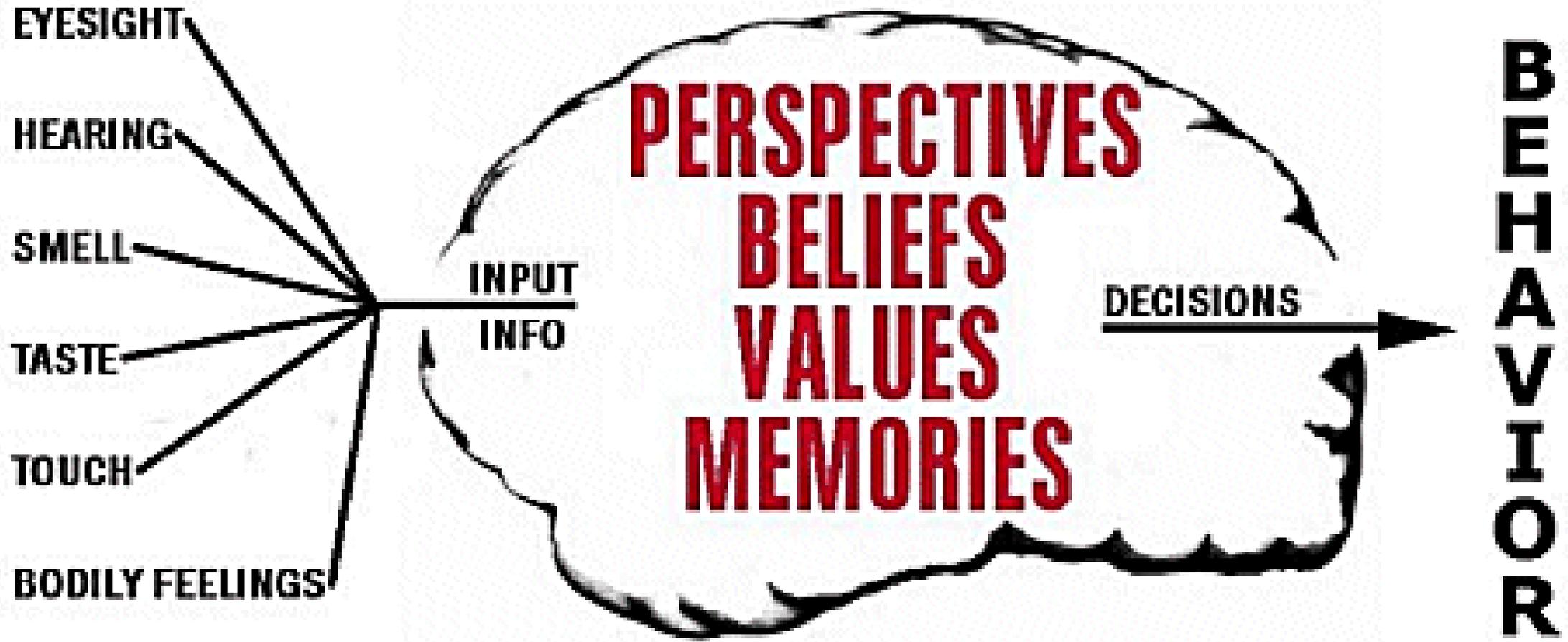
Most brain illnesses manifest in teenage to mid twenties  
Early recognition important

# SYMPTOMS

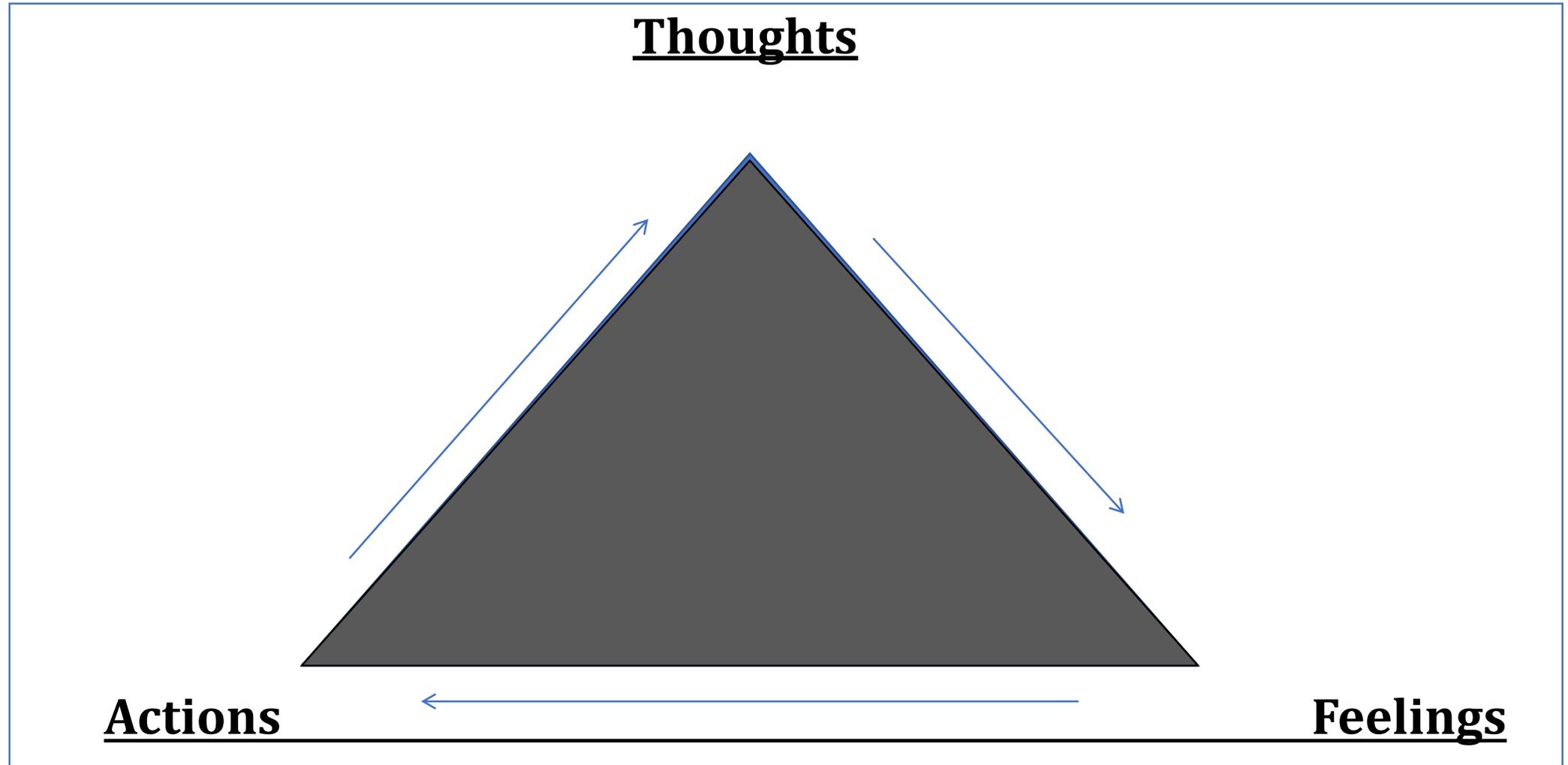
- Sleep dysfunction
- Loss of Pleasure
- Appetite ( too much too little)
- Loss of concentration
- Irritability , Anger
- Isolation, Anxiety, Pain
- Sadness, Hopelessness
- Alcohol/substance abuse
- Risk taking behavior
- Suicidal thoughts



# OUR FILTER



# Perceptions

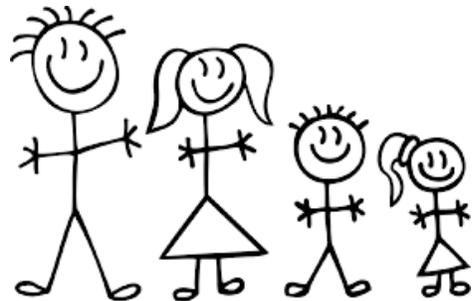


# Connection and Awareness Brings Hope

How do we observe others?

When we meet someone,  
we NOTICE them

Let's not forget family and  
friends.



I AM A WORK IN PROGRESS



**RESPONSIBILITY**

Free will  
Free to choose  
Free to act  
Acceptance  
Fitness  
High self esteem

**BLAME**

Trapped  
Worry  
Fear  
Anger  
Unfit  
Low self esteem

# Keys to Mental Fitness

- Recognize our choices
- Self esteem
- Boundaries
- Vulnerability
- Communication
- Commitment



Mental Fitness

Bryce Lefever PhD

# Know Yourself



# NIDA Research Reveals the Power of Social Reinforcers

- Our social environment
- Power of communication
- Power of connection
- Our part in the community



# IT'S ALL TEAMWORK

I want to thank you for your work and passion  
in helping others



# THANK YOU

TAKE GOOD CARE OF YOURSELVES

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# ANXIETY = AVOIDANCE

- Alcohol and substances
- Isolation
- Acting out
- Location avoidance
- Stirring the pot
- Destructive behavior

