



Playbook for the Mind: Beyond Athletics

Presented by: Envision Youth Services, Inc. × Reviving the L.A. Watts Summer Games

Playbook for the Mind is a groundbreaking 12-session mental wellness and a mental performance training series designed to support youth and young adults in sports and life. This powerful partnership between Envision Youth Services, Inc. and the L.A. Watts Summer Games blends the rich tradition of sports and community with a modern, trauma-informed focus on mental health, identity, and emotional resilience.

The program provides a safe, empowering environment where participants explore the connection between mental health and athletic performance while gaining lifelong tools for managing stress, anxiety, identity challenges, and injury recovery.

Program Overview

Target Audience: Youth and young adults battling anxiety, depression, or suffering in silence. This program offers a supportive space where participants can strengthen their mental well-being while building their physical strength. Your mental stability affects your performance.

Program Goals:

- Normalize conversations around mental health in sports
- Equip participants with tools for emotional regulation and resilience
- Reduce stigma around asking for help and navigating pressure
- Promote balance between athletic identity and overall well-being
- Empower youth and young adults to lead with emotional intelligence and inner strength

Healing. Expression. Resilience

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What's Included:

- 12 interactive weekly sessions (2hours each session)
- Topics: mindfulness, peer pressure, injury recovery, identity, substance awareness, and more
- Creative expression activities: journaling, storytelling, guided exercises
- Guest speakers: athletes, therapists, and coaches
- Guided meditations, self-talk exercises, and performance reset tools
- Final paid celebration + certificate of completion

Why It Matters:

In a culture that celebrates physical strength, we're helping youth and young adults build mental strength—to thrive in sports and life. Together, we are rewriting the playbook on what it means to be a successful athlete in today's world.

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