

## Mental Health and Athletics-

### Lesson #3-Kevin Love

**OPRF Student Services:** <https://www.oprfhs.org/student-services>

**Entrance Question:** If you could have any fictional dog as your pet, who would it be?

<https://www.ranker.com/list/list-of-dog-characters/reference>

In August 2018, Love sat down [with ESPN to publicly address his mental health struggles](#). He revealed a detailed account of a panic attack he'd had in the middle of a game against the Atlanta Hawks the previous November, when his heart began racing so fast, he felt it was going to pop out of his chest. [Struggling to breathe](#), Love stuck his hand down his throat in hopes of dislodging whatever was blocking his airway. There was nothing there. His panic attack left him splayed on the floor of the locker room, believing he was about to die.

**DISCLAIMER:** Before we watch this video, there is some foul language that is spoken by the participants. If you feel like you may be offended, feel free mute the video, set a timer for 4 minutes and rejoin us then.

Since then, Love's life has been transformed. He has assumed the mantle as the face of mental health awareness, not just for the NBA but across numerous sports, educational and cultural platforms.

Since his first panic attack, Love has been outspoken about his mental health and helping today's youth. In 2019, Love created the Kevin Love Fund and continues to shed light on the difficulties of dealing with mental health, speaking at conferences, and meeting with children to show them they are not alone in their struggles.

During the COVID-19 crisis, he's become even more vocal, speaking out widely on the mental health challenges of this isolating, stressful moment and sharing tips on how best to cope. In recognition of his unwavering commitment to helping others, Love was honored with the Arthur Ashe Courage Award during The 2020 ESPYS on Sunday, June 21st . The [Arthur Ashe Award](#) for Courage is given out by ESPN each year. Recipients reflect the spirit of Arthur Ashe, possessing strength in the face of adversity, courage in the face of peril and the willingness to stand up for their beliefs no matter what the cost.

### Exit Question:

In every person's life there is a moment where you have everyone's attention. Kevin took that opportunity in that moment to make waves. In regards to our first unit on being successful, goal setting, social justice or mental health, what have you done or what do you plan to do to get people's attention and make waves, like Kevin Love has done?