

**Appendix 3.** Consensus on aspect, perspectives and suggested focus areas from the workshop with sport psychology experts.

Aspect	Perspective	Focus areas	
Stress levels are important antecedents of youth athletic injury. Increased levels of stress are associated with attentional disruption and increased muscle tension	Individual	Self-reflection and self-awareness among players and coaches. For example, <i>“How do I feel today?”</i> , <i>“What makes me feel focused?”</i> , <i>“What makes me feel stressed?”</i>	
		Interpersonal knowledge	
		Arousal regulation	
			Mindfulness training
			Psychoeducation (the importance of rest and recovery)
			Motivation and goalsetting
		Team	Open and supportive communication
			Social support and feedback
			Supportive motivational climate
		Organization	Involve the different organizational levels (club, regional and national organizations)
			Create conditions for long and sustainable careers – clarify educational responsibility