

Via Zoom: Darryl Roberts on Sports Doc ‘I’m Fine, (Not) Really’

Submitted by [PatrickMcD](#) [1] on May 1, 2022 - 4:39pm

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CHICAGO – Mental health and sports have been in the spotlight the last couple of years. The high profile breakdowns of tennis star Naomi Osaka and Olympian Simone Biles, as well as the confessions of swimmer Michael Phelps, has drawn scrutiny towards sports and mindful stress. Director Darryl Roberts explores this in his new doc, “I’m Fine, (Not) Really.”

“I’m Fine, (Not) Really “ is a documentary about the mental health struggles that elite athletes suffer when criticized in the media or in experiencing negative fan interaction. It has been only recently that athletes have become vocal about their emotional issues and the added pressure of toxic fans, whose causes range from a lack of empathy in a society that teaches athletes to “walk it off,” to the ever-increasing escalation of sports as a lifestyle and culture. Mental health experts believe that healing can begin only when sports figures speak out, to get the help they need and to plead for understanding and support.



Jackie Joyner-Kersey in ‘I’m Fine (Not) Really’

Photo credit: [ImFineNotReally.com](#)

The documentary will be syndicated throughout the U.S. during May, which is Mental Health Awareness Month (see link below for TV stations), and is presented by sports flooring, surfacing and equipment company Mondo Worldwide, through their Mondo Cares division. Darryl Roberts (the “America the Beautiful” series of films) is the director of this cutting-edge doc, which features interviews with Olympic sprinters Michael Johnson and Jackie Joyner-Kersey, as well as sports psychologists, coaches and fans.

In an interview via Zoom with Patrick McDonald of HollywoodChicago.com, director Darryl Roberts talks about the issues in “I’m Fine (Not) Really” ...

Trailer for “I’m Fine (Not) Really” ...

“I’m Fine (Not) Really” will be syndicated throughout the U.S. in May. Directed by Darryl Roberts. For more information, including TV stations broadcasting the documentary, click [IF\(N\)R](#) [17]



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