



# ANXIETY IN SPORT

## QUOTABLE QUOTES

"Fear is a habit; so is self-pity, defeat, anxiety, despair, hopelessness and resignation. You can eliminate all of these negative habits with two simple resolves: I can!! and I will!!" - Anonymous -



## QUESTIONS FOR YOU

### SITUATIONAL ANXIETY:

When you are performing poorly in a practice situation or in a game situation do you start to feel out of control? Do you convince yourself that there is nothing that you can do about this situation?

When your coach gives you direct feedback or gets angry at you do you consider this is information for you to improve or do you consider it a personal attack?

Do you let the poor play of some of your teammates affect your play? Does it make you angry or even more determined to make sure that you are playing well?

Are you aware of being stressed out or worried about your play? How about the play of the team? Do you think your stress level affects how you or your team performs?

*Every athlete will experience some level of anxiety as they prepare for and compete in an athletic event. How an athlete manages their anxiety will often determine their level of success. So - the ability to relax under pressure becomes the basis of self-control and an effective tool for any athlete. It enables you to bring your physical, mental, and emotional processes under control so that you can perform at your best. Numerous athletes have failed or performed poorly in sport because they were unable to relax or maintain control. Athletes who control their behaviors, actions, and mental state have the advantage.*

Under-Arousal	Optimal Arousal	Over-Arousal
Lethargic	Calm	Nervous
Bored	Focussed	Scattered
Sluggish	Energized	Hyper
Not Enough Challenge	Optimal Challenge	Too Much Challenge
Too Much Mastery	Mastery	Not Enough Mastery
Overcontrolled	In Control	Out of Control
Overconfident	Confident	Underconfident
Undercommitted	Committed	Overcommitted
"Why Bother Do It !!"	"I Can Do It !!"	"I Gotta Do It !!"

### APPLICATION

Relaxation techniques can be done at any time and in any place. Relaxation skills must be practiced on a regular basis just like any other sport skill. Initially, it is best to practice relaxation away from the playing area but once the skill is developed it can be introduced into practices and games. Relaxation skills take time to develop but most athletes will notice some improvement in their ability to relax after 2-3 weeks of regular practice.

Complete relaxation involves gradually relaxing the major muscle groups to the point of full and maximum relaxation. It is a good choice for athletes who have difficulty sleeping, are over-aroused, or when they must summon all of their reserves for a particularly difficult event.

Momentary relaxation is used during the actual event. In most sports, there are natural breaks in which you need to re-channel your resources and finish the event as strong as possible. It helps you maintain a state of **relaxed awareness** in which you are completely aware of what is going on and what you must do in order to be successful.

