

PERFORMANCE ANXIETY



Performance anxiety is a worry cycle you can get stuck in that goes like this: You start to have worry thoughts about how you'll do → feel bad (nervous, stomachache, sweaty, fast heartbeat) → more worry thoughts → you feel worse...

Performance anxiety often comes from:

- Worry about looking bad
- Worry about letting others down (team, coach, teacher, parents)
- Being too hard on yourself
- Focusing on the worst thing that could happen

Which ones are putting pressure on you?

Tips!

1. Look out for the worry cycle: worry—feel bad—worry more—feel worse...
2. Remember your successes. That's where your confidence comes from.

3. Push out negative thoughts and replace with positive thoughts.
4. Develop a warm up routine that helps you get comfortable, and use deep breathing.
5. Remember, you're probably not the only one who's feeling anxious.
6. Stay grounded. Feel your feet on the ground. Be in your body, not your head.
7. Worry and excitement feel similar, and are often mixed together. Focus on the excitement!
8. Be a positive influence. Take your anxiety and use the energy to pump up your team or others with encouragement!
9. Focus on effort and personal improvement over winning.
10. Be nice to yourself!

You got this!!

