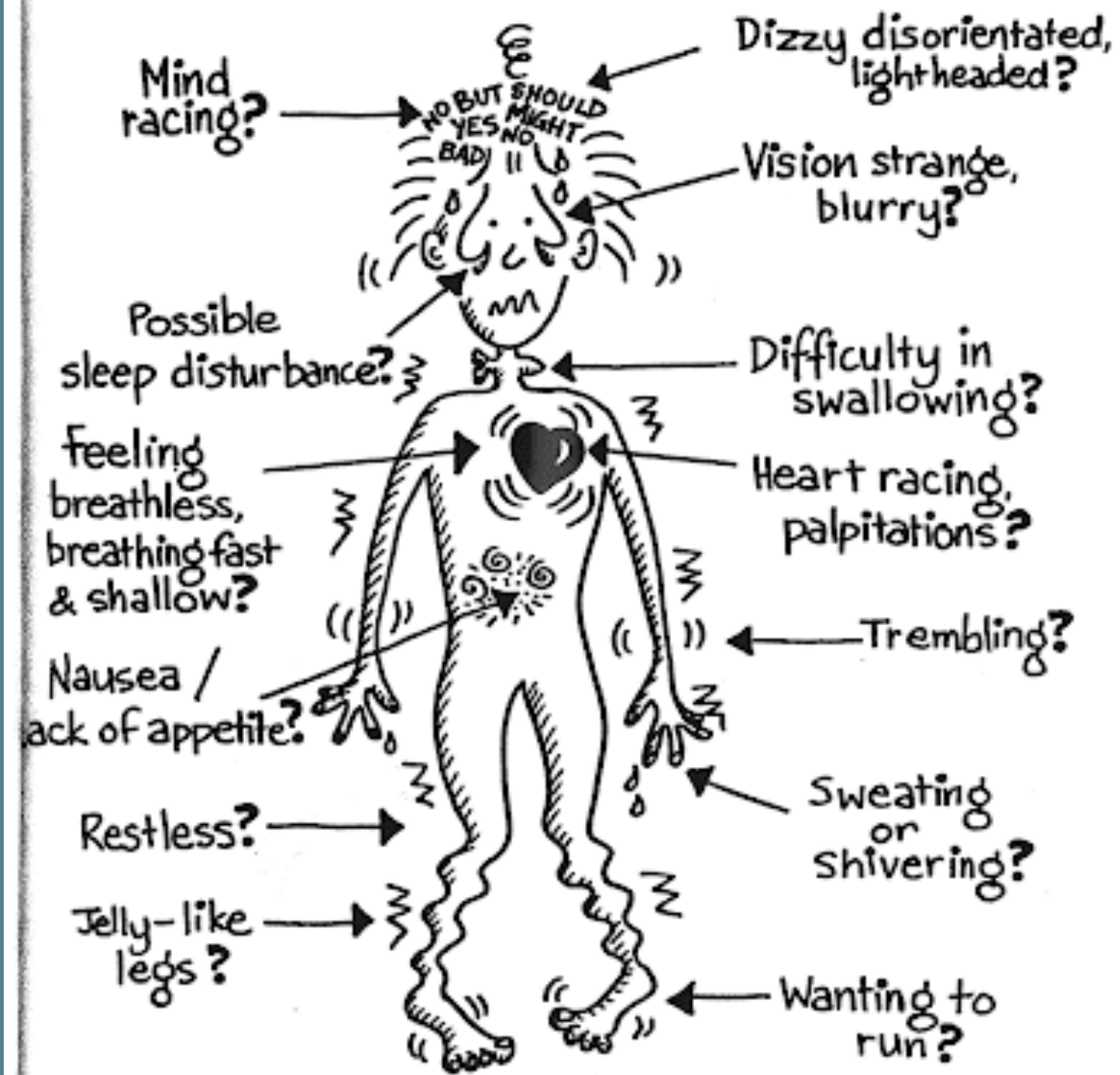

DEALING WITH ANXIETY IN PERFORMANCE

Julie Watts

Clinical Psychologist

DOES THIS LOOK FAMILIAR?



and overall, a feeling of fear and dread that seems to come from nowhere?

“DON’T STRESS”

“JUST DON’T THINK ABOUT IT ”

“JUST DON’T BE ANXIOUS ”

How helpful have these statements been?



What actually happens when try not to be anxious?

The more we try to get rid of it, more become focused on it.

What we resist, persists!



Inner chatter & Impact on Confidence

5 REASONS PEOPLE LACK SELF CONFIDENCE

- 1. Excessive expectations.** Perfectionism - feel never satisfied, fearful making mistakes, avoidance of risks & challenges, procrastination
 - 2. Harsh self judgment** - mind naturally judges, criticises , focuses on negative, predicts the worst,
 - 3. Preoccupation with fear** - normal experience fear in challenging situation. More preoccupied become and more feel have get rid of it, greater fear grows.
 - 4. Lack of experience**
 - 5. Lack of skills**
-

**THERE ARE PLENTY OF
DIFFICULT OBSTACLES
IN YOUR PATH. DON'T
ALLOW YOURSELF TO
BECOME ONE OF THEM**

[FACEBOOK.COM/GYMMOTIVATION](https://www.facebook.com/GYMMOTIVATION)

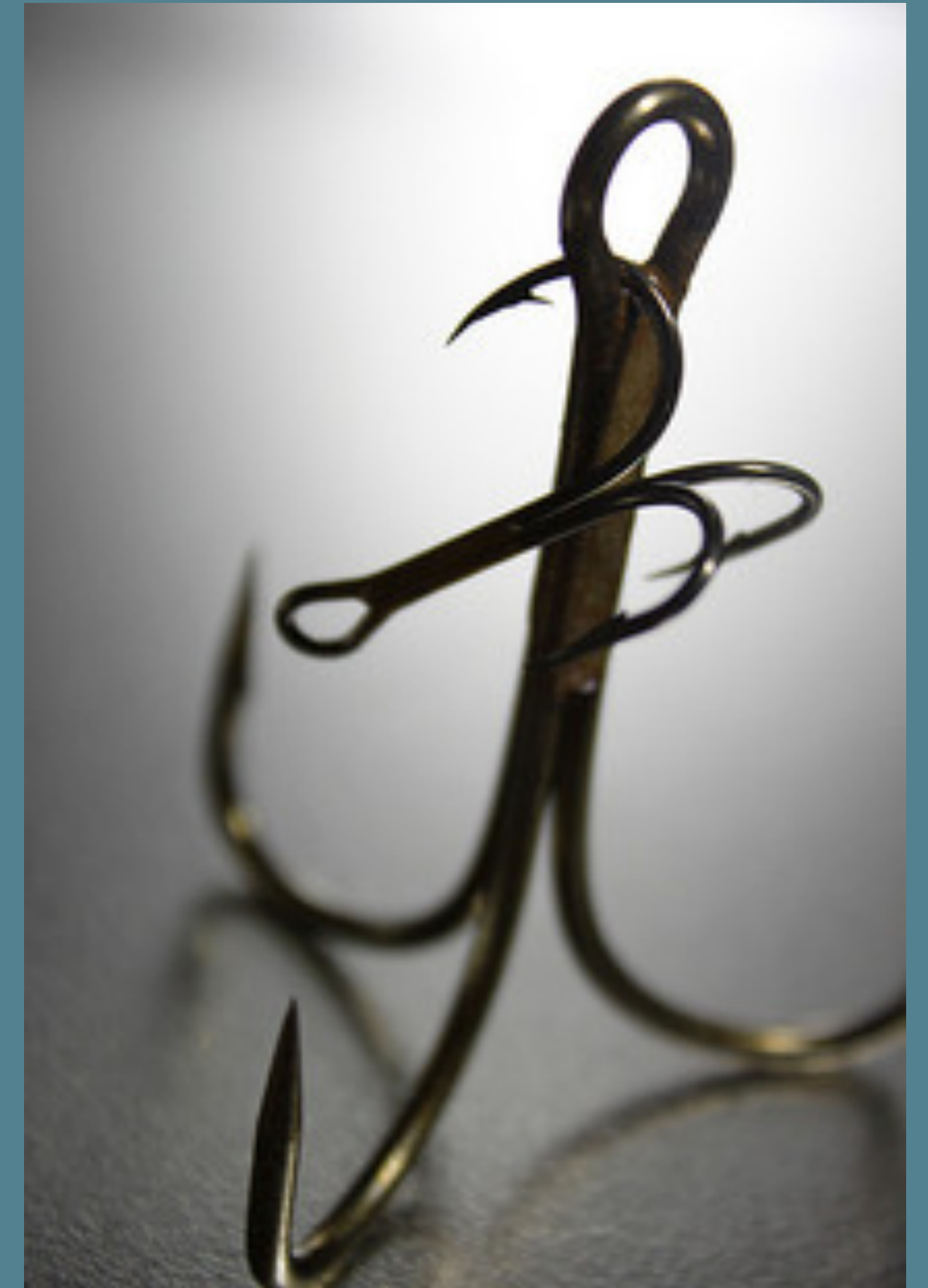
STRATEGIES

Ways to unhook from unhelpful thoughts

Notice task interfering thoughts - these can be like fog that makes it difficult to see clearly what is actually happening versus what's just your mind's creation. Learn see that thoughts are just thoughts not reality

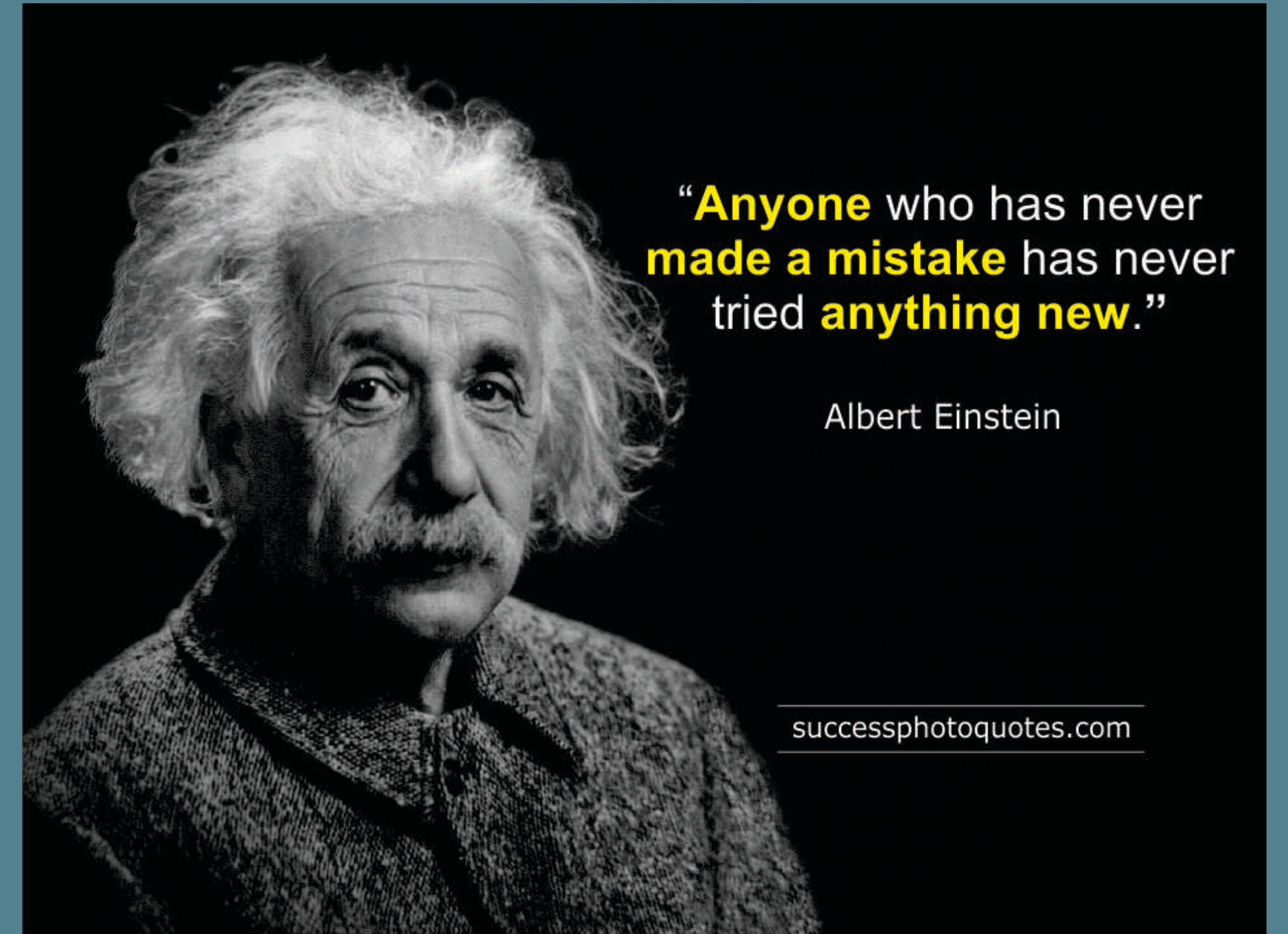
Relating differently to thoughts - pay attention to thoughts that are helpful and learn let go of unhelpful ones

Perfectionism versus healthy striving - Healthy striving accepts failure, painful emotions, struggle as part of life. Accepts reality - sets realistic, attainable, incremental goals



STRATEGIES

- **Task focused attention (mindfulness)** - stay engaged and focused on the present moment
- **Focus on actual skills required**
- **Willingness to practice skills and make mistakes**
- **Make room for fear and use it constructively**- see fear as teammate not as opponent. Befriend it, channel energy into being excited take on new challenge and take effective action
- **Be willing to step out of your comfort zone**- put yourself in real life challenging situations to improve your skills and get the experience you need



“Anyone who has never **made a mistake** has never tried **anything new.**”

Albert Einstein

successphotoquotes.com

The actions of confidence come first
The feeling of confidence comes later

STRATEGIES

- **Use of visualisation - to rehearse routines**
- **Pre routine preparation - need to experiment what works for you. Some like to chat, other keep to self, use music, breathing, visualisation. Just prior to routine use more specific visualisation of self doing routine, trampoline specific cue words**
- **Use past experience, successes - when have you done the skills before, how did you do this**
- **Be willing to accept feedback from others - Remain open to suggestions. Focus on the positives and learn from the feedback how you can do it differently next time**
- **Be your own constructive coach - reflect on your performance non judgementally. Be specific, what worked, what didn't, how could you do it differently next time**





GOOD LUCK

**FOCUS ON THE
JOURNEY AS WELL, NOT
JUST THE OUTCOME**