

PRE-COMPETITION ANXIETY TOOLKIT

Use the different strategies in this toolkit to conquer your pre-competition anxiety and perform at your best.



TARGET COGNITIVE SYMPTOMS

Positive Self-Talk

Practice these phrases, or create your own.

You've
got this!

I **prepared** for
this moment!

Focus Cues

Things you can **say**, **do**, or **look** at to redirect your attention to what is important in the moment. Here are some examples:

VERBAL

Effective verbal cues are **short**, **positive**, and **personal**.

PHYSICAL

Effective physical cues are **short** and **simple**.

VISUAL

Effective visual cues are **easy to find**, and **always present**.

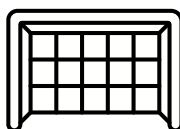
WIN -
What's
Important
Now?



Breathe



Clap your hands



Goal posts



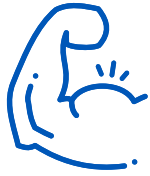
Sports equipment



Sports gear

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TARGET YOUR SOMATIC SYMPTOMS

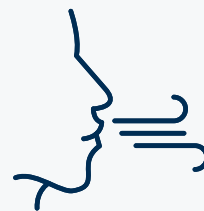
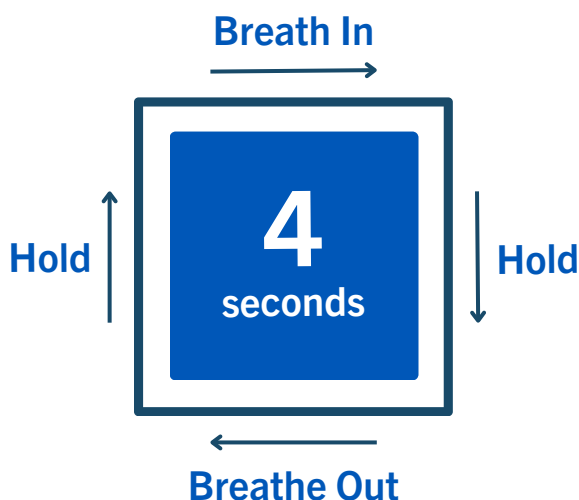
Progressive Muscle Relaxation

Follow these steps to reduce muscle tension and anxiety.

- 1 Lie down in a comfortable, quiet place with no distractions.
- 2 Breathe in and tense your first muscle group for 5 seconds.
- 3 Breathe out, relaxing your muscles completely.
- 4 Take 2 or 3 deep breaths while noticing the change in your muscles.
- 5 Work your way up your body, repeat steps 2 to 4 for every muscle group.



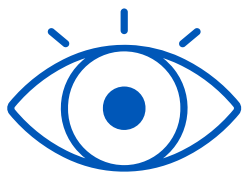
Box Breathing Practice this box breathing exercise:



Repeat this 3 or 4 times,
focusing only on your breath.

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VISUALIZATION

Visualization helps you stay calm, build confidence, and feel in control before a competition.

Follow these steps to practice:



1 Get Comfortable

Sit or lie down in a relaxed position. Close your eyes and take a deep breath in through your nose... and out through your mouth.



2 Set the Scene

Create the picture you want to see in your mind. Use all your senses to make the experience look and feel as real as possible. What do you see? Hear? Smell? Taste? Feel?



3 Imagine Success

Visualize yourself staying calm, focused, and performing at your best. See yourself executing your skills with confidence.



4 Bring It Back

Take a final deep breath and open your eyes. Carry this sense of calm and confidence with you into your competition.

Practice this regularly to train your mind, just like you train your body!