

Regulating your anxiety levels

To increase awareness of your anxiety:

Think back to your best/worst performance- focus on what you felt and thought
Understand the relation between how you feel and perform.

Breathing

Breathing is a key to achieving relaxation. Breathe from the stomach not the chest.
Focus on your breathing so that you'll be less likely to get distracted.

Progressive Muscle Relaxation

Tense all the muscles of your body one by one and then relax them ex. Tense your toes for a few seconds, then relax; your thigh muscles then relax. Try to focus on the difference between tension and relaxation. Focus on to the shins, calf muscles, thighs, stomach, chest, shoulders, back, neck, jaw and forehead.

On-Site Relaxation Tips

- Focus on the task and not on the emotions of the situation
- Keep winning/losing in perspective
- Stay focused on the present
- Have a good plan
- Imagine you're in a special place where you enjoy going and which is relaxing
- Use positive self-talk

To generate more energy:

- Increase breathing rate
- Act energized- jump around
- Use positive statements
- Listen to music
- Use imagery