

1

BREATH!

This helps with focus, lowers heart rate and cortisol, and is a great tool for calming your body and your mind.

Mantra breathing: Deep breath in through your nose, hold, out through your mouth (thinking repeating thoughts).

Example... In: "I will give my all to the things I can control." Out: "I will let go of what is not in my control."

Box Breathing: Inhale for 4 seconds. Hold for 4 seconds. Exhale for 4 seconds. Repeat again and again.

2

CREATE A ROUTINE

Our body's anxiety settles when there is predictability. If you're body has done the same thing before, your brain relaxes into

"I know this routine. No worries."

Focus on maintaining the same warm-up routine, repeated stretching sequence, snacks, playlist, etc.

3

VISUALIZATION

Days before - and day of.

Picture yourself doing all phases of your event, down to the minutiae.

Think of all things that could happen, and watch yourself navigate whatever comes your way. Picture yourself calm and competent, performing with excellence..

Studies have shown that people who visualize themselves doing a practice often improve nearly as much as the person who performs that same task.

4

YOUR BUTTERFLIES ARE A GOOD THING

When your heart is pounding and you're feeling nervous, that is your body getting ready to go.

A racing heart, butterflies, and adrenaline are evolutionary fuel to help you succeed!

Reframe your energy and nerves as readiness for the task. Your body knows that something big is about to happen. Tap into that energy jolt!

5

THINK ABOUT THE THINGS YOU CAN CONTROL

The key is to focus your attention on the basic tasks in front of you. It makes no sense to worry about what you cannot control.

Focus on what you can control: Concentrate on parts of your game plan/strategy, effort, technique, attitude, and energy.

6

POSITIVE THOUGHTS

Tell yourself things that are edifying and confident.

"Stay loose." "Keep breathing." "You've been here before." "You're ready for this."

Think simple, calming, and encouraging thoughts.

8

COME BACK TO THE PRESENT AKA: MINDFULNESS

If your mind starts to race, or you're losing focus, take a look around and note three things you see and two things you hear. Close your eyes, picture yourself doing what you came to do, and take a long, deep breath.

9

HAVE FUN

Having a laugh with teammates can help take your mind off your stressors, and relax your nerves.

Do a little dance, play some kind of game, go cheer someone on, play Simon Says or 20 Questions.

7

PREPARATION + OPPORTUNITY = SUCCESS

The best way to reduce stress is to prepare properly and know you're ready

Plan for mistakes and know what you'll do when they happen.

Practice in "game-like" environments, simulating event conditions.

Push yourself - so you know that you can handle any situation.

Check all your gear ahead of time, and bring proper snacks and hydration.

Uncertainty creates stress, so eliminate the variables that might impede your success.

HOW TO CONTROL PRE-EVENT STRESS AND ANXIETY

Suggestions to help you do your very best.

www.ven-u.xyz

Created by Jim Bergquist