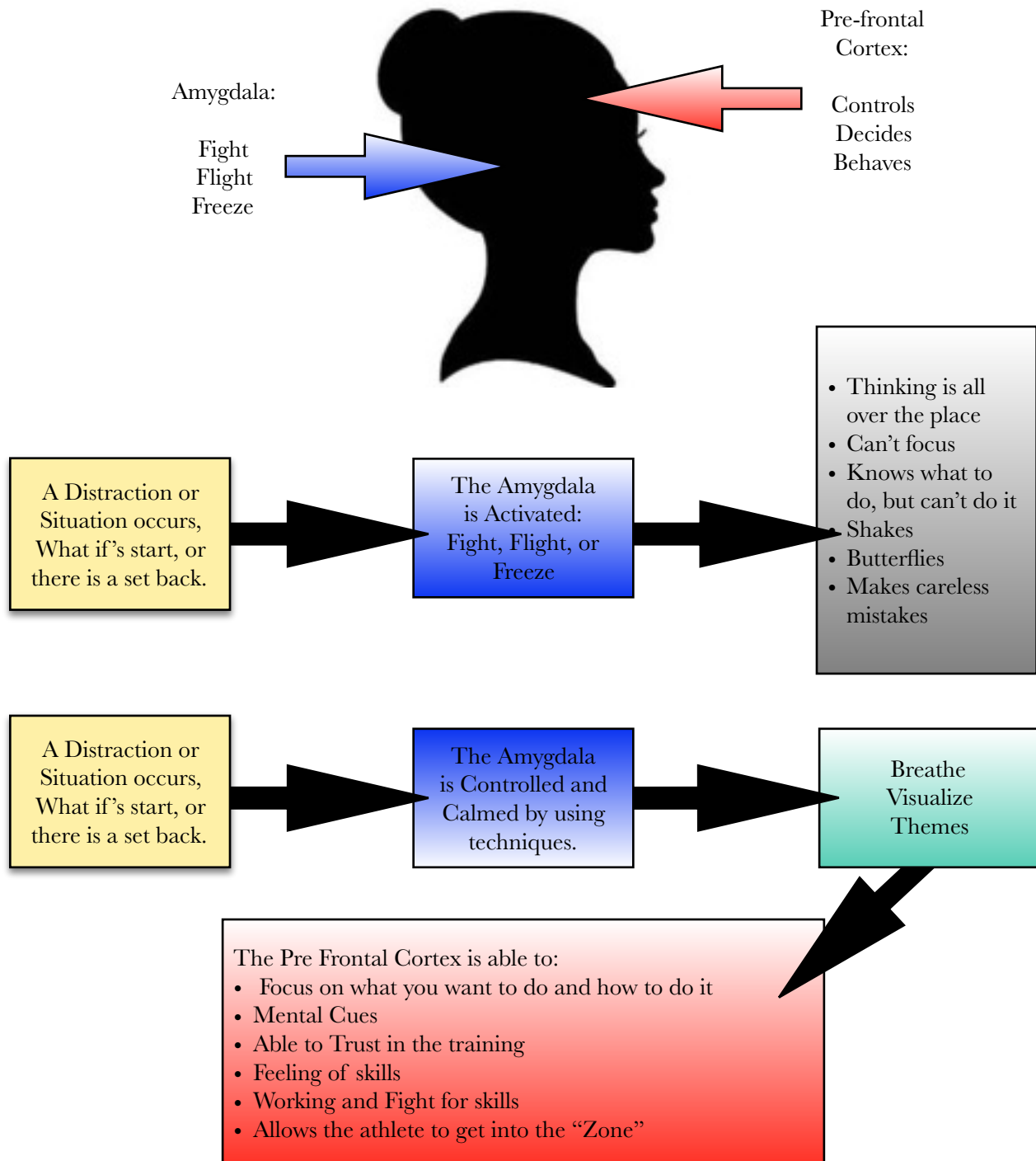


FIGHT-FLIGHT-OR FREEZE

The body is designed to instantly process incoming information and then react. If it sees danger, it can decide to stay and fight, run away, or freeze in fear. In sports, our bodies can feel the same adrenaline rush that can mimic the feelings of a dangerous situation. Our bodies may think we must fight, flight, or freeze.

We can control our bodies “Natural Response” by consciously thinking, breathing, and focusing.





Have the athlete create a plan. What can they do once they feel their fight, flight, or freeze response?

- Have them list the distractions that could cause them to have fear.
- Describe how that thought makes them feel.
- What can they do to remain calm or relax?
- Have them create a plan on what they will think about what they want to do for each skill or routine and how they are going to do it.

A Distraction or Situation occurs, What if's start, or there is a set back

What distractions can cause your to worry?

- 1.
- 2.
- 3.
- 4.
- 5.

The Amygdala is Activated
(meaning the fight, flight, or freeze feeling)

How do you feel?

- 1.
- 2.
- 3.
- 4.
- 5.

Breathe
Visualize
Say Themes
Move around and stay busy
Play music

What can you do to relax or remain calm?

- 1.
- 2.
- 3.
- 4.
- 5.

The Pre Frontal Cortex decides what to do

What do you want to do?
How are you going to do it?

- 1.
- 2.
- 3.
- 4.
- 5.