



THE RESILIENCE READER

CHAPTER 5: ENERGY MANAGEMENT

Competency: Self Regulation

In this chapter you will learn about regulating energy levels deliberately in order to perform better, more consistently. and deal effectively with stress.

ATC CONTROL YOUR THOUGHTS

Manage our energy by **controlling your thoughts.**

CONTROL THE CONTROLLABLES

Ask Yourself

1. What is stressing me out?
2. Is it a big or little deal?
3. Can I control it?

EMPOWER YOURSELF

Develop a strategy to deal with your energy, so you can focus on what you can control.

CONTROLLABLE

Take Action!

These are items that are a big deal to you, and things you can control. Focus on them first.

Accept it, or take action.

These are items that aren't a big deal, but you can control them. After you focus on the Big Deal items you can focus here.

UNCONTROLLABLE

Change how you think

These are items that are a big deal to you, but since you have no control you need to change how you react to it. Stop focusing on it.

Accept that you cannot change it.

These are the items that you can directly drop and not look back on.

LITTLE DEAL BIG DEAL

We can't control what stresses us out, however, **we can control how we react to them.**

EMPOWER YOURSELF

STRATEGY TO MANAGE YOUR ENERGY

IS IT A BIG DEAL OR A LITTLE DEAL?

List the items that are stressing you out, and then identify them as a big deal by circling "B" or a little deal by circling "L."

B L

B L

B L

B L

B L

B L

CONTROL THE CONTROLLABLES

use your list from above and fill in the boxes.

CONTROLLABLE

UNCONTROLLABLE

LITTLE DEAL **BIG DEAL**

Take Action!

Change how you think about it.

Accept it, or take action

Accept



WHAT ABOUT MY NERVES?!

DID YOU KNOW?

Our reactions to being nervous set us up for peak performance.

Trembling/ Shaking

Speeds up the communication between our brains and body.

Sweating

Keeps our bodies at the perfect temperature from start to finish of the performance.

Butterflies

Digestion shuts down so our energy can go where it needs to help us perform.

Deliberate Breathing

3 Fundamentals

1. Control your body, breathe in and count to 5, breathe out and count to 5.
2. Control your mind: Focus on a target or use a cue word
3. Control your emotions: Choose how you want to feel.

Breathing in Action

- **Breathe in 1,2,3,4,5**
- What is your target/ word?
- How do you choose to feel?

MANAGE YOUR NERVES

List 2 items that make you nervous?

How do you feel when you get nervous? (E&R)

What can you tell yourself in the future to help manage your nerves to help you feel more confident and ready to perform?