

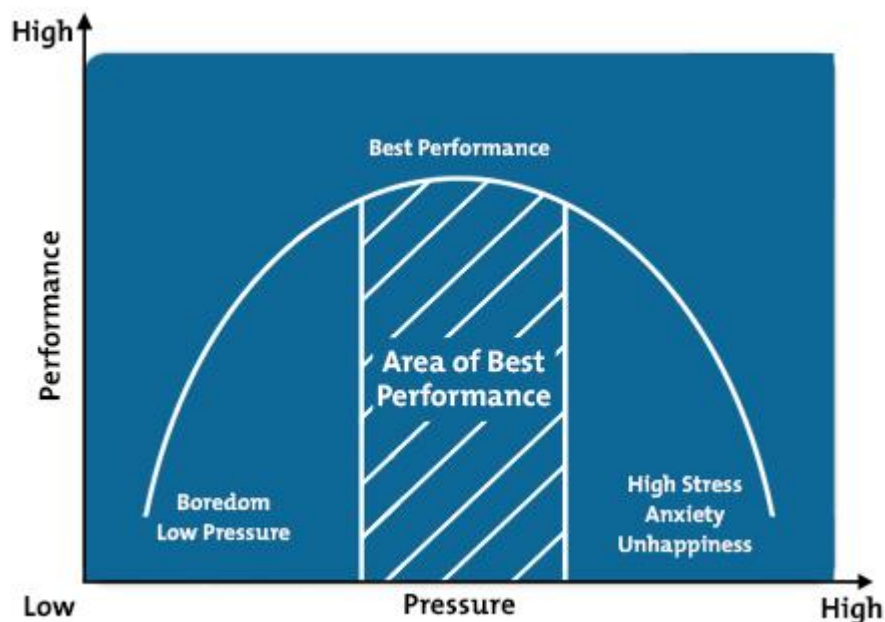
## Arousal, Stress and Anxiety

**Cognitive anxiety**- anxiety in the mind, negative thoughts, self-doubts, worrying.

**Somatic anxiety**- bodily anxiety, heart beats faster, going to the bathroom often, feeling sick, shivering, butterflies etc. **It increases close to the start.**

### **How anxiety works**

-If you are too relaxed you will under-perform, if you are too anxious you will also under-perform. So you need to find the correct balance. At what arousal/anxiety level do you perform best? Do you prefer being a bit more relaxed or more psyched up?



-If a person interprets arousal positively, it will affect performance positively and vice-versa.

-Anxiety before a competition is ok as long as it doesn't get too much. However anxiety during a competition will distract you.

### **Why Arousal Influences Performance**

- Anxiety causes muscle tension and can interfere with coordination
- When anxious you focus on irrelevant things and thoughts

## **Guidelines for Managing Anxiety**

- ζ Focus on what you can control. Weather, opponents etc. are not in your control
- ζ Think about practice situations- try to **forget it's a competition**
- ζ Remember the worst mistake you made- how can you tackle it if it happens again?
- ζ Use - **imagery, positive thinking, develop plans etc.**
- ζ Be realistic about what you want to achieve
- ζ Avoid pressure statements- **ex. I have to win**