**Main category:** Mental Preparation:

**Subcategory:**

Emotion Control:

**Day 1:**

**Mental Tip:** *Emotional Awareness:*

Emotions are brief positive and negative feelings that happen during meaningful or important moments. Emotions can also change our mood.

Common emotions seen in sports are: Triggered by:

FEAR SCENERY (Ex: Crowded Stadium)

ANGER THE INDIVIDUAL (Ex: Ref makes a bad call)

JOY COMPETITION (Ex: A state championship game)

SURPRISE MEMORY (Ex: Last year’s lost game)

If we are more aware of our emotions and when we feel certain emotions, we can control them better and become more mentally prepared.

(App Creator Note: It would be great if the information pops up as the user clicks on each type of common emotion)

**Mental Workout:**

Can you list a time when you tend to feel these specific emotions?

FEAR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

ANGER: \_\_\_\_\_\_\_\_\_\_\_\_\_

JOY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SURPISE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(App Creator Note: This section is worth four points. They receive one point for each moment they list.)

**Day 2:**

**Mental Tip:** *Understanding our triggers.*

(App Creator Note: Is there a way to have this video play just through 2:53? I want it to stop playing right after he says “Why do you want to know your triggers? So you can learn how to react better to those triggers.”

<https://www.youtube.com/watch?v=dzd84dEmJVQ&t=10s>

**Mental Workout:**

Let’s figure out some of your triggers!

Take a moment to think about what some of your emotional triggers in your sport(s) might be- Remember, these are moments that spark intense negative emotions in you. Example: When I miss a shot. Try to list at least 3.

1.

2.

3.

4.

5.

(App Creator Note: This section is worth a maximum of four points. They receive one point for every moment they list, up to four.)

**Day 3:**

**Mental Tip:** *Interpreting our triggers*

(App Creator Note: Is there a way to have this video play from 2:53 till the end? I want it to start playing with the sentence: “Let’s just use the example of making a turnover.”)

<https://www.youtube.com/watch?v=dzd84dEmJVQ&t=10s>

**Mental Workout:**

What do you say/think to yourself after you experience the triggers you came up with yesterday? List what you tend to say to yourself in these moments below (Not what you WISH you would say to yourself, but what you really do typically say to yourself). For example:

1. Trigger= When I miss a shot. What I say to myself= “Come on- you’re blowing it.”

1.

2.

3.

4.

5.

(App Creator Note: Is there a way to bring back the 3-5 triggers they listed from yesterday? It would be ideal if each number could start with their trigger and then have a space to write their thought.

Scoring: This section is worth four points. They receive one point for each thought they list up to four.)

**Day 4:**

**Mental Tip:** *Interpreting our triggers in a helpful way*

Remember, we’ve been learning about emotional triggers and how to better interpret them. In the past couple days, we’ve learned that certain moments (triggers) can cause us to feel a negative emotion, like anxiety or nervousness. However, we are in control of how we interpret these triggers, and we can train ourselves to think in a more helpful way after we experience a trigger!

Here is the video again if you would like to remind yourself of this technique.

<https://www.youtube.com/watch?v=dzd84dEmJVQ&t=10s>

**Mental Workout:**

Yesterday, you wrote down what you typically or normally say to yourself after you experience a trigger. Now, try to come up with a phrase you can say to yourself to stay composed and controlled after experiencing a trigger. For example,

1. Trigger= I miss a shot. Thought= “Everyone misses shots. I know what I’m doing. Stay patient and create another opportunity. I’ve got this!”

1.

2.

3.

4.

5.

(App Creator Note: Is there a way to bring back the 3-5 triggers they listed from two days ago? It would be ideal if each number could start with their trigger and then have a space to write their thought.

Scoring: This section is worth four points. They receive one point for each thought they list up to four.)