

MIND **DING** POSITIVE ENERGY

The Reframing of Performance Anxiety

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MIND PLUS MUSCLE

The Start

“How would you like to switch from feeling uncomfortable and worried to feeling confident and charged up before your event?”

- What is Reframing?

Optimistic Reappraisal

Finding something useful or beneficial in a difficult or challenging situation

The ability to cope with and interpret anxiety-related symptoms as positive is now commonly accepted as being a major contributor to sporting success.

Jones, G., Hanton, S., and Connaughton, D. (2007)
A Framework of Mental Toughness in the World's
Best Performers. *The Sport Psychologist*, 21, 243-264



"You've got mail."



Learning the Story of

TIGERS
BELLS
BUTTERFLIES
& WELLS



The Tiger

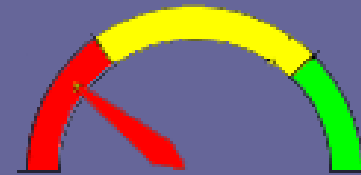
Pre Event Anxiety – A negative, cognitive, and perceived physiological response to uncertain appraisals of coping with demands of stressful situations (competition).



I'm about to be eaten



Challenge



Confidence

Fight or Flight

Cause of Pre-Event Anxiety

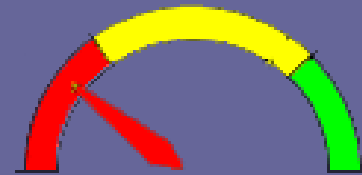
An imbalance between the athlete's

Perceived
Demand of
Sport Situation

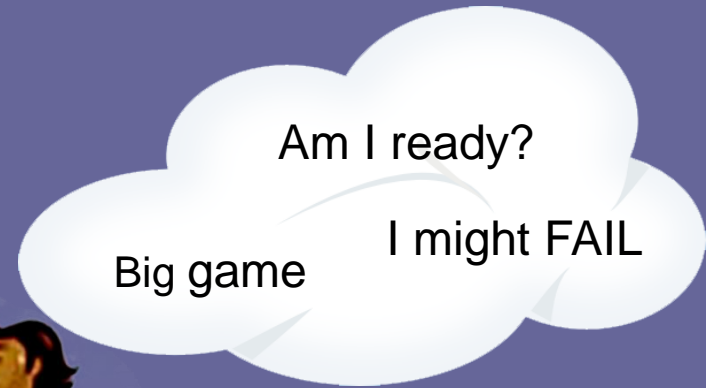


Challenge

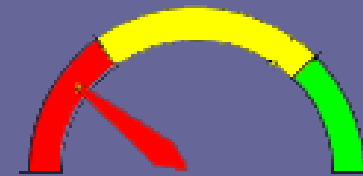
Perceived
Level of
Capability



Confidence



Challenge



Confidence

Pre-Event Anxiety



I AM ready!
I FEEL charged up
Big game




Challenge



Confidence

Pre-Event Empowerment

Recipe

- **Create:** A Well of Positive Feelings/Energy/Experience
- **Use :** Mindfulness
Emotional Intelligence
Challenge Response
- **Apply:** Mind  Confident Thinking

What lies behind us
And what lies before us
Are small matters compared to
What lies within us

Ralph Waldo Emerson



The Well



Great Practice



STORING IN THE WELL



Happy Feelings

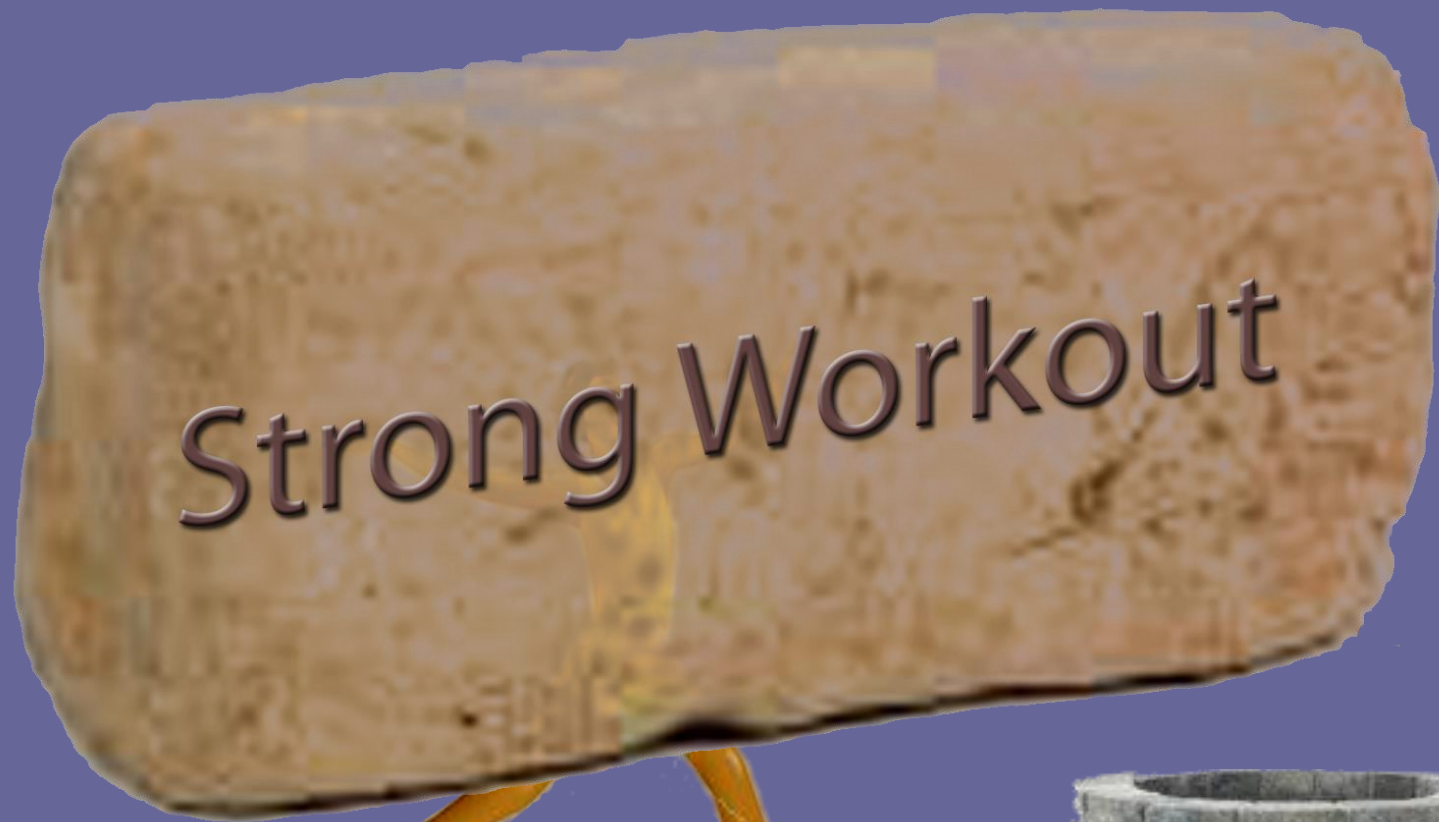


STORING IN THE WELL





STORING IN THE WELL



STORING IN THE WELL



Determination

STORING IN THE WELL





STORING IN THE WELL

Storing In The Well

- Things You Are Doing WELL
- Positive Arousal/Confidence
- Things That Make You Happy
- Inspirational Messages or Images
- Focus Plan/Things Within Your Control
- Determination and Mental Toughness

Mindfulness Practice

Focus on your breathing and

Let thoughts come and go

Observing them and

Letting them pass

Returning to the sensation of your breathing

Jon Kabat-Zinn

Mindfulness of the Breath cd

Mindfulness

Mindfulness is not so much about ridding ourselves of unwanted and unacceptable emotions as much as it is learning to acknowledge their presence and just “noticing” them; much as we would observe and experience clouds passing in the sky.

Anthony Pantaleno

Why We Meditate, 2009

Emotional Intelligence

E I is recognizing that negative feelings are more about me and how I am assessing a situation than anything else

Challenge Response

“The people who excel are those who are driven to show the world and prove to themselves just how good they are.”

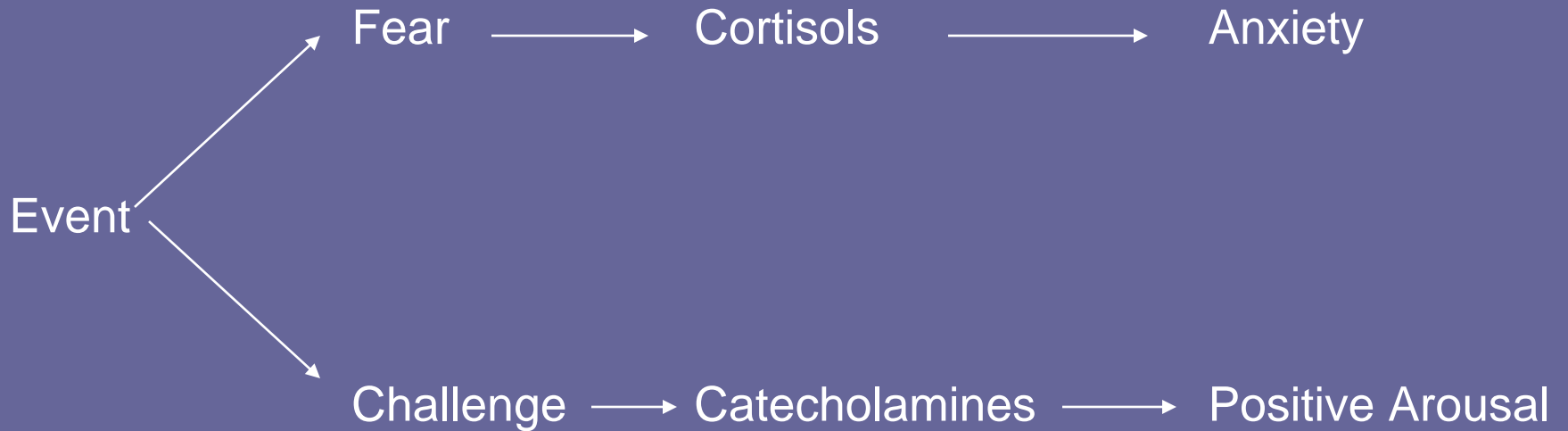
Nancy Lopez

LPGA Hall of Famer

Challenge Response

Tough individuals are consistently able to perceive stressful situations as opportunities for growth, an attitude leading to what might best be referred to as the *challenge response*. The perception of challenge leads to a complex chain of biochemical events that mobilize the body to cope successfully with the stressor.

Challenge Response



Bells

Awareness of Physical Activation

DING

Engage the Challenge Response



Butterflies

“It's not a case of getting rid of the butterflies.
It's a question of getting them to fly in
formation”

Jack Donahue

Canadian Olympic Basketball
Team Coach

Butterflies

- Establish the Confidence/Challenge Balance
- Open up to Flow



Dimensions of Flow

- Challenge-skills balance
- Feelings of confidence and enjoyment
- Action-awareness merging
- Clearly defined goals
- Sense of control
- Loss of self-consciousness
- Transformation of time

MIND **DING** POSITIVE ENERGY

MIND

MINDFULLY OBSERVE the feelings in a detached way.

“My mind is aware of some powerful feelings” (i.e. butterflies/racing heart/shallow breathing)

DING

RECOGNIZE this as an alert signal that your body’s activation mechanism is switching on.

“This is my body getting ready to compete and meet the CHALLENGE of this event”

CONFIDENT

CONNECT arousal to positive thoughts.

“I can go to the WELL and draw up experiences that give me confidence and energy”

THINKING

APPRECIATE your ability to build Positive Arousal by controlling your focus of attention.

“Positive Thinking pumps up my Positive Energy”



Challenge



Confidence



Butterflies Build Confidence

≡DING≡
IS JUST THE THING.

