

STONYBROOK VOLLEYBALL

ENERGIZED FOCUSED CONFIDENT

John J. Bowman, Ph.D.
MIND PLUS MUSCLE

$$S = A + M + S$$

Performing at your Best Under Pressure

ENERGIZED, FOCUSED, and CONFIDENT

- Harness Positive Energy by transforming Pre-Event Anxiety into Pre-Event Empowerment
- Create a Mental Plan to sharpen their Focus and strengthen their ability to Re-Focus when facing adversity
- Build Confidence by drawing from the WELL of their best performances

Confidence

- Thinking
- Feeling
- Behaving

How Confidence Improves Performance

- Arouse positive emotions
- Facilitate concentration
- Set and pursue challenging goals
- Increase effort
- Play to win not avoid mistakes
- Maintain momentum

Confidence Arouses Positive Emotions When you feel confident, you are more likely to remain calm and relaxed under pressure. In addition, athletes with high confidence interpret their anxiety levels more positively than do those with less confidence. This provided a more productive belief system in which one can reframe emotions as facilitative to performance.

Weinberg & Gould

Foundations of Sport Psychology

2007

Pathway to Mental Toughness

- **Build:** Well of Positive Feelings and Experiences
- **Learn:** Mindfulness
Stress Management
Challenge Response
- **Apply:** Mind **DING** Positive Energy

What lies behind us

And what lies before us

Are small matters compared to

What lies within us

Ralph Waldo Emerson



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

My WELL Exercise

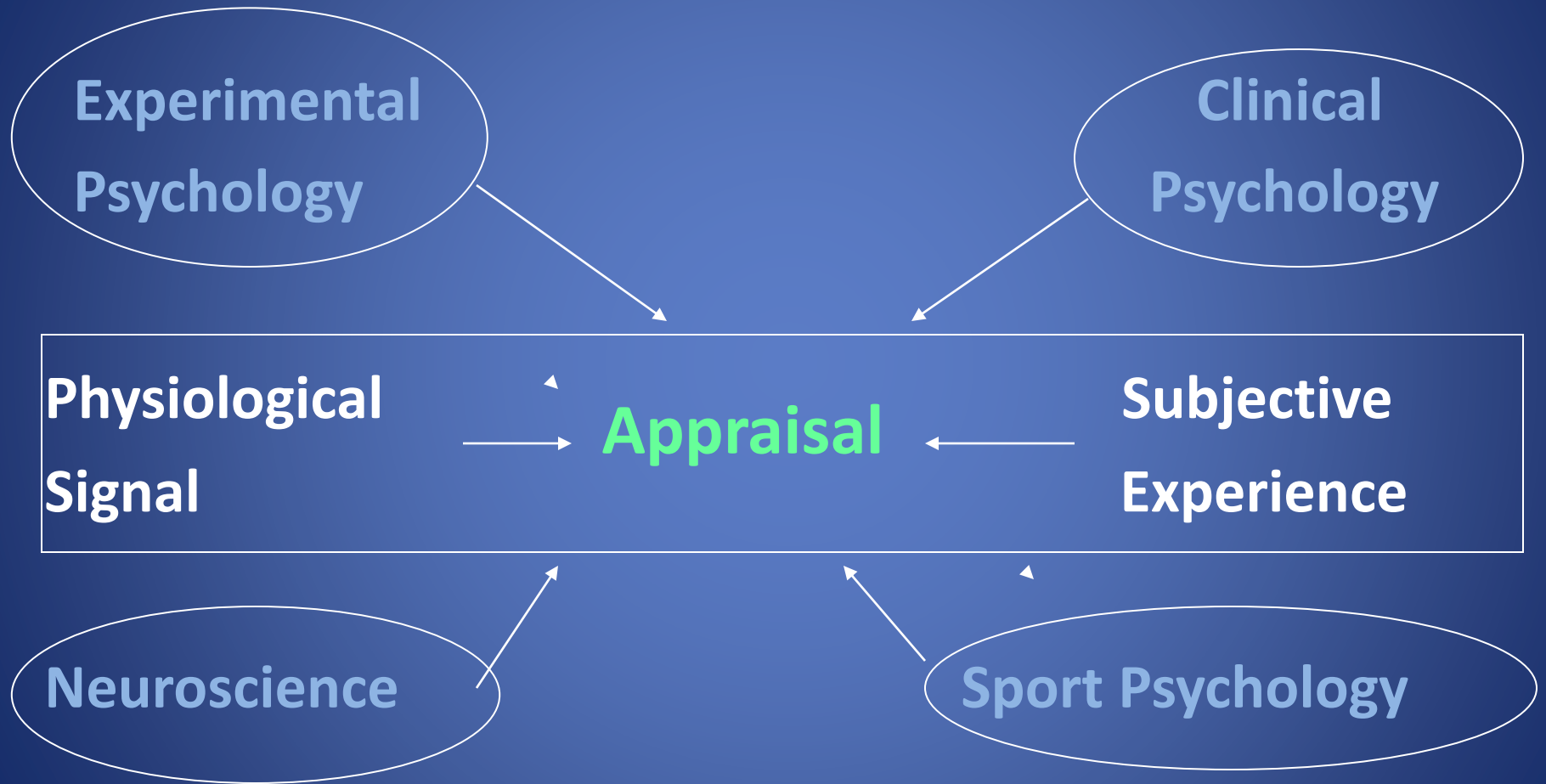
Stress Management

Part 1- Appraisal

Emotional Intelligence

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

Converging Evidence



Stress Management

Part 2

Challenge - Confidence

Balance

Cause of Stress and Anxiety

An imbalance between the athlete's

Perceived Level of
Confidence



Confidence

Perceived Level of
Challenge



Challenge

Coping Exercise

Stress Management

Part 3

Refocusing

Getting Your Head Back in the Game

- React
- Rethink
- Relax
- Refocus

Refocusing Exercise

Stress Management

Part 4

Reframing

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

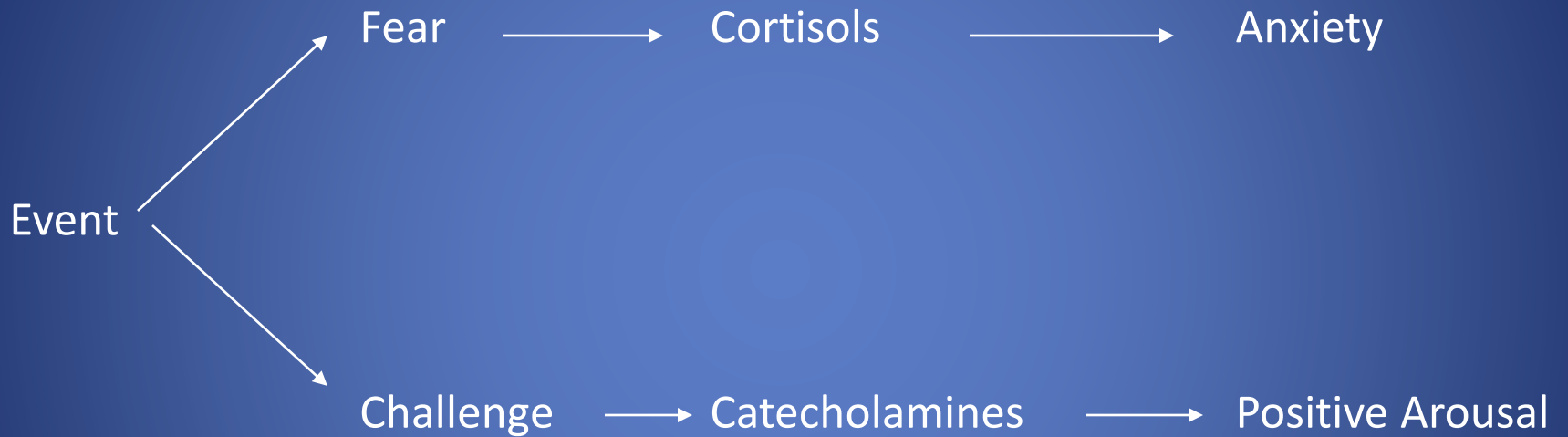
Optimistic Reappraisal

Finding something useful or beneficial in a
difficult or challenging situation



"You've got mail."

Challenge Response



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

Mindfulness

Mindfulness is not so much about ridding ourselves of unwanted and unacceptable thoughts and 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

Mindfulness Practice

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”

you.stonybrook.edu/sportpsych