

3. Practice Mental

Problems about mental are one of the most common problem in competitors. Even for me, until just 2 months ago, because of the fear of dropping 100+ rating in a single contest, I could not participate in any rated CF contest for more than 9 months. Also, there were several contests that I could not even read latter problems because I could not solve easier problem and lost my cool.

I found a way to practice mental recently.

- Make a routine that you will do just before the contest. It directly leads to the concentration during the contest.
 - Actually, for me, my routine is to watch the countdown from very near distance to PC before the contests starts. Legendary grandmaster yutaka1999 actually sit in Zen meditation (religious meditation) before IOI competition starts.
- If you are not in good condition in contests (e.g. Cannot solve problem B within 20 minutes) not looking current standings is also a good idea.
- Another important thing is “don’t care about rating during contest”.
 - I think that even if my rating dropped, the probability that I gain rating next time increases. That’s why I don’t care about rating **during contest**.
- Don’t care about mistakes. Mistakes are also a good chance to learn, and there is no person who don’t make any mistake. Even tourist made a mistake in AtCoder World Tour Finals.
 - I think that the there is a correlation between “rating” and “how many mistakes did you made **and reviewed**”.

These method above works not only in contests, but also in virtual participations. Be careful: do not have too much pressure in contests and have fun!