



TESKAL

Enjoy the pressure

UNIT 2

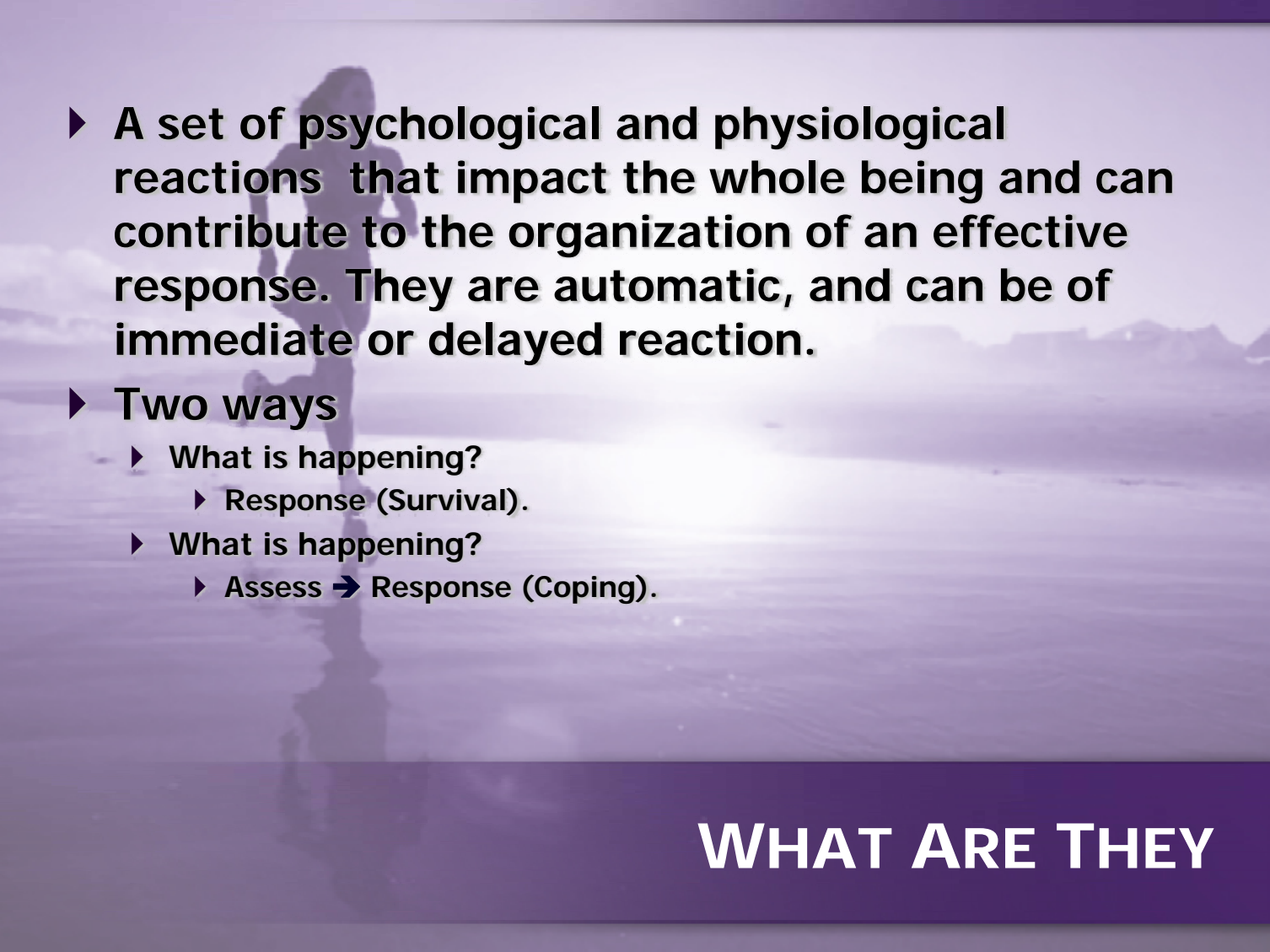
EMOTIONS AND SPORT PERFORMANCE

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person's silhouette is visible against the bright background. The overall scene is peaceful and active.


► Influences in the area of sport

- Emotional changes.
- Activation level.
- Self-regulatory system.
- Coping styles.
- Cognitive activity.

INTRODUCTION

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and long, dark shadows. The person's shadow is cast long and dark on the sand. The background shows the ocean and distant mountains under a purple and orange sky.
- ▶ A set of psychological and physiological reactions that impact the whole being and can contribute to the organization of an effective response. They are automatic, and can be of immediate or delayed reaction.
 - ▶ Two ways
 - ▶ What is happening?
 - ▶ Response (Survival).
 - ▶ What is happening?
 - ▶ Assess → Response (Coping).


WHAT ARE THEY

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- A person is running on a beach at sunset. The person's silhouette is visible against the bright, low sun, and their reflection is clearly seen in the calm water of the ocean. The sky is a mix of purple and orange hues.
- ▶ Importance of the relationship between memory, emotion and behavior.
 - ▶ Potential increase in the sport domain.
 - ▶ "The tide effect".
 - ▶ Ideal framework for emotional manifestation.
 - ▶ We learn how to manage emotions through self-control.


RELEVANT ASPECTS (1)

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- A person is running on a beach at sunset. The person is in the foreground, running towards the right. Their reflection is visible in the wet sand. The background shows the ocean and a bright sunset sky with mountains in the distance.
- ▶ **Emotional Intelligence is a set of skills that must be developed.**
 - ▶ **They generate motion towards action.**

RELEVANT ASPECTS (2)

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- A person is running on a beach at sunset. The person is in the foreground, slightly to the left, and is running towards the right. The background shows the ocean and a hazy sky with mountains in the distance. The overall color palette is purple and blue.
- ▶ **Adaptive coping response that allows us to react in vital situations, such as**
 - ▶ When facing an immediate danger.
 - ▶ Suffering an irreparable loss
 - ▶ Progressing towards a goal
 - ▶ Resisting adversity
 - ▶ **Therefore**
 - ▶ “Emotional Intelligence is a set of skills that can be developed”.

RELEVANT ASPECTS (3)

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person's silhouette is visible against the bright background.
- ▶ **Unpleasant**
 - ▶ **Existential**
 - ▶ **Vital positive**
 - ▶ **Vital negative**
 - ▶ **Empathic**

EMOTIONAL CLASSIFICATION (1)

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The overall scene is peaceful and serene.


► Unpleasant

- Anger

- Envy

- Jealousy

EMOTIONAL CLASSIFICATION (2)

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's shadow is visible on the sand. The background shows a calm sea and distant mountains.
- ▶ **Existential**
 - ▶ **Fear/anxiety**
 - ▶ **Guilt**
 - ▶ **Shame**

EMOTIONAL CLASSIFICATION (3)

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The overall scene is peaceful and inspiring.


► Vital Positive

- Happiness

- Pride

- Love

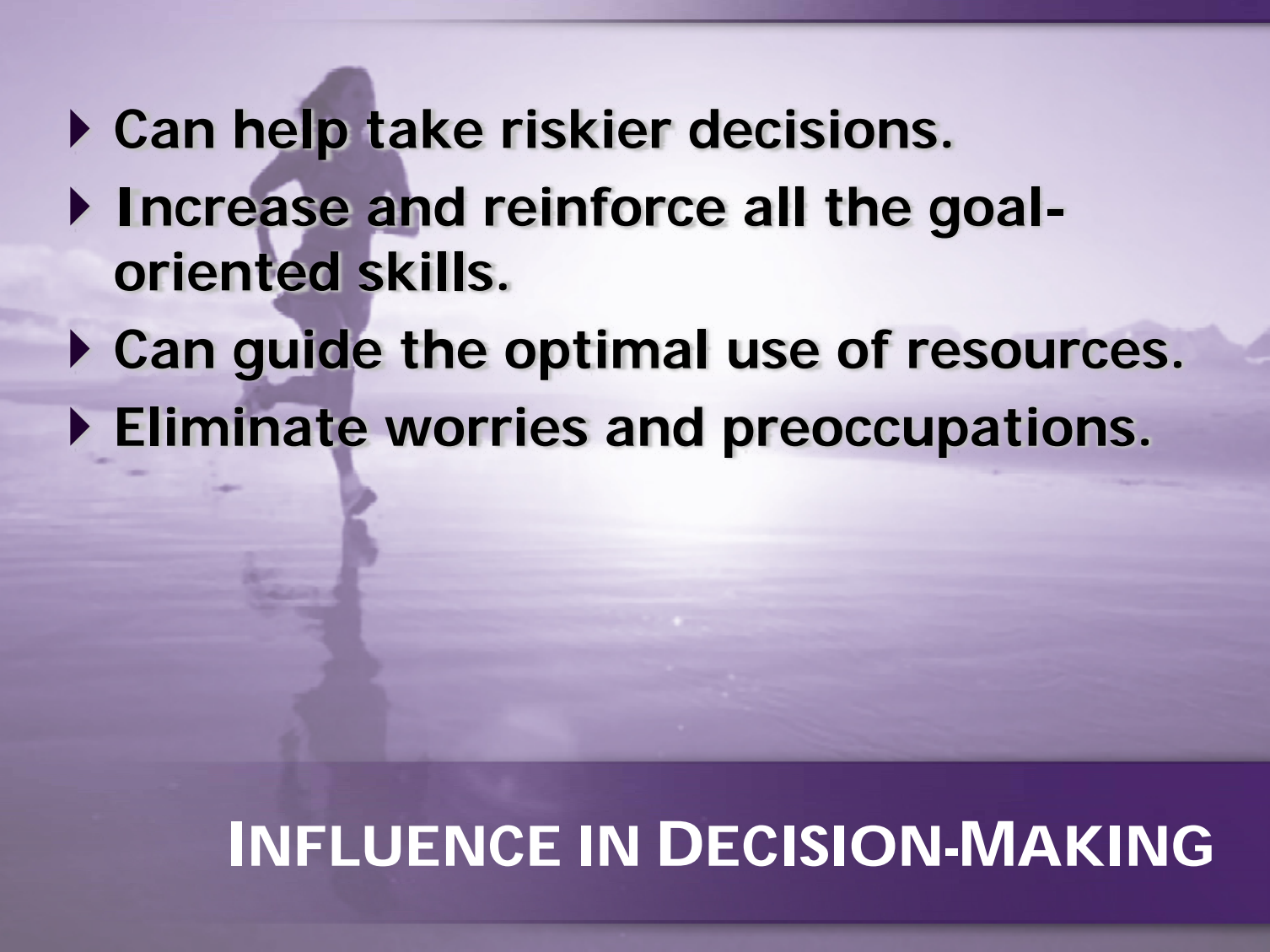
EMOTIONAL CLASSIFICATION (4)

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. In the background, there are mountains.
- ▶ **Vital Negative**
 - ▶ **Worry**
 - ▶ **Hopelessness**
 - ▶ **Sadness/depression**

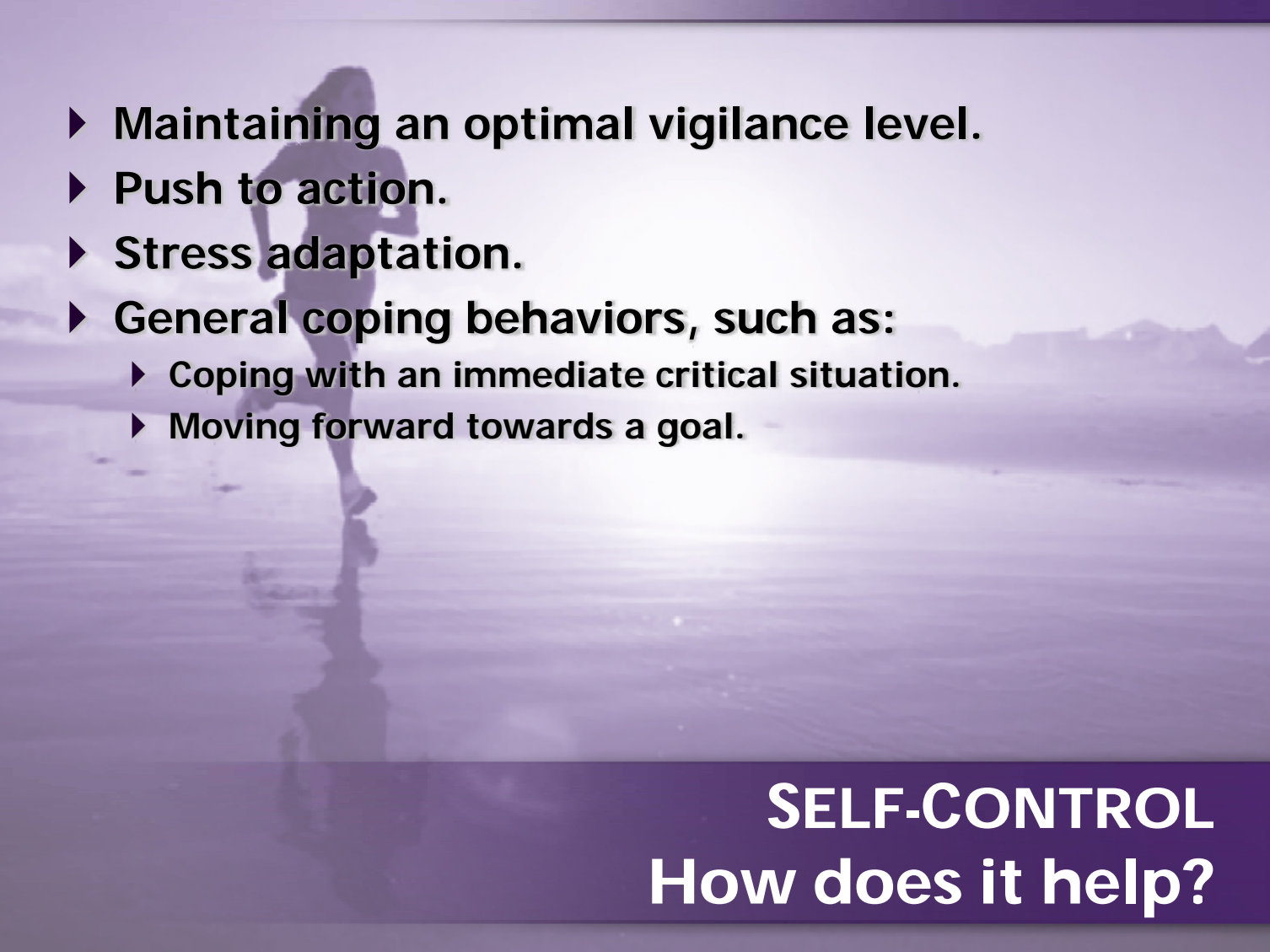
EMOTIONAL CLASSIFICATION (5)

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's shadow is visible on the sand. The background shows a calm sea and distant mountains.
- ▶ **Empathic**
 - ▶ **Gratitude**
 - ▶ **Compassion**

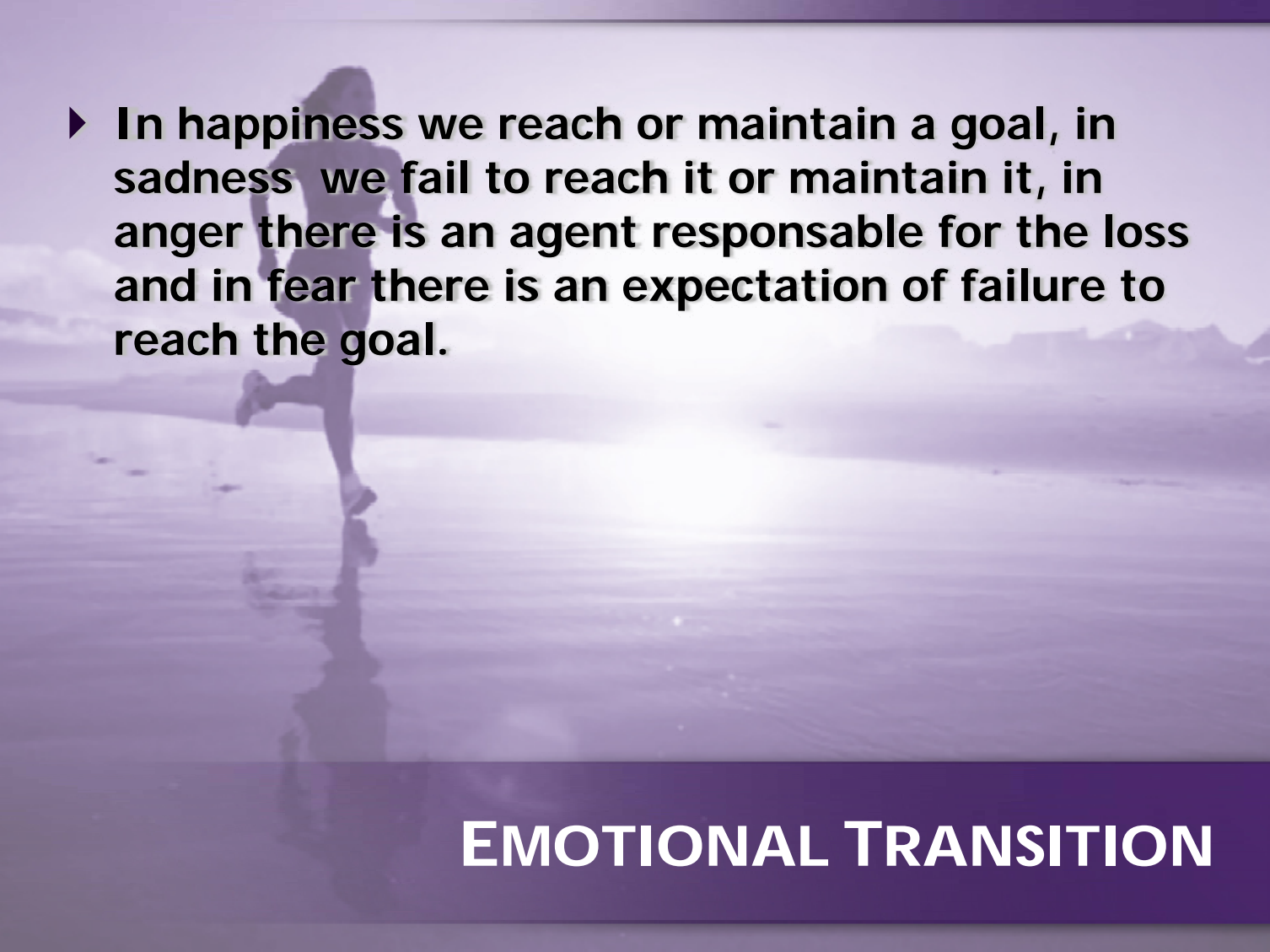
EMOTIONAL CLASSIFICATION (6)

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- A silhouette of a person running on a beach at sunset. The person is in the foreground, running towards the right. The background shows a bright sun low on the horizon, reflecting on the water. The sky is a mix of purple and blue.
- ▶ **Can help take riskier decisions.**
 - ▶ **Increase and reinforce all the goal-oriented skills.**
 - ▶ **Can guide the optimal use of resources.**
 - ▶ **Eliminate worries and preoccupations.**


INFLUENCE IN DECISION-MAKING

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's silhouette is visible against the bright background. The overall scene is peaceful and motivational.
- ▶ **Maintaining an optimal vigilance level.**
 - ▶ **Push to action.**
 - ▶ **Stress adaptation.**
 - ▶ **General coping behaviors, such as:**
 - ▶ Coping with an immediate critical situation.
 - ▶ Moving forward towards a goal.

SELF-CONTROL
How does it help?

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- A person is running on a beach at sunset. The person is in the foreground, running towards the right. Their reflection is visible in the wet sand. The background shows the ocean and a bright sunset sky with mountains in the distance.
- ▶ In happiness we reach or maintain a goal, in sadness we fail to reach it or maintain it, in anger there is an agent responsible for the loss and in fear there is an expectation of failure to reach the goal.

EMOTIONAL TRANSITION

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- A person is running on a beach at sunset. The person is in the foreground, running away from the viewer towards the ocean. The sun is low on the horizon, creating a bright glow and reflecting on the water. The sky is a mix of orange and purple. The person's shadow is visible on the sand.
- ▶ **I am capable... I have been successful in situations like this one before. This time I will also be able to handle it effectively.**
 - ▶ **I know I'm nervous, it is normal in this situation. I will just focus on doing my best, which is the goal anyway.**
 - ▶ **I got to focus on my skills: on my Competition Plan.**

EFFECTIVE SELF-HELP