

Performance Anxiety Breakout Part 2

Reflect on times you felt nervous in your sport. What stands out?

Does anything stand out to you pregame (e.g. physical sensations, specific thoughts, emotions, trends you notice)?

Do any situations or in-game events trigger or worsen performance anxiety?

What thoughts stand out, when you're anxious on game days?

Can you recall a time you thought you were going to play poorly, then played a great game?

Can you recall a time you thought you were going to play great, then played poorly?

Notes on Part 2:

WYW Warm-Up Exercises You Will Use This Week:

- Bent-Leg Breathing
- Adductor Foam Rolling
- Hip CARs

WYW Mental Game Exercises You Will Use This Week:

- Mindfulness of Thoughts