

# Manage Stress Like A



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# Managing Stress Like A Champ

- ▣ Athletes have learned how to successfully manage stress
- ▣ From these champions, we can learn how to handle stressors



# Overview

**S**

Skills are for me to use

**P**

Prepare and be in the Present

**O**

Operate like a top athlete

**R**

Rebound from adversity

**T**

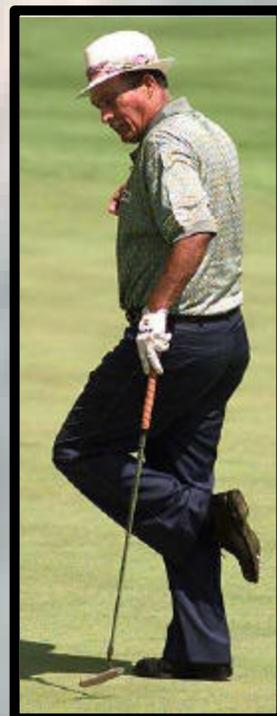
Take time outs

**S**

Seek out support and coaches

# “Life, like Golf, is full of Hazards”

— Chi Chi Rodriguez



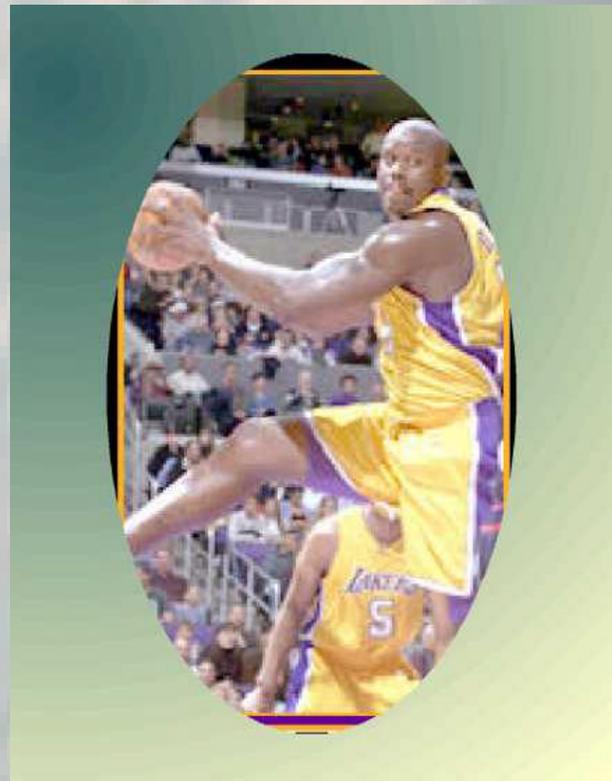
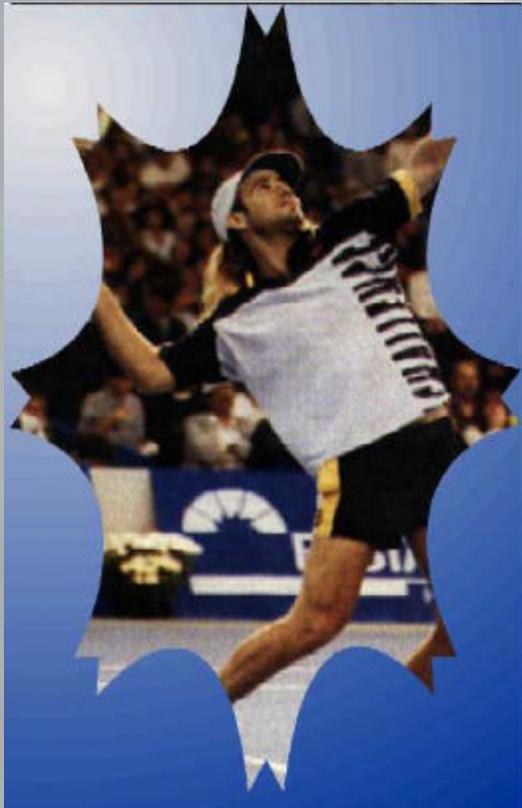
# Lessons From Champions

- ❑ They know how to be composed and cool
- ❑ They know how to handle pressure



- ▣ **Champions are prepared for stress!**

**They have strategies for dealing with stress before and during the game.**



■ **Champions know how to -**

- **Slow down**
- **Loosen up**
- **Focus**
- **Chill out**
- **Take a time out**
- **Go with the flow**

# Manage Stress Like A Champ

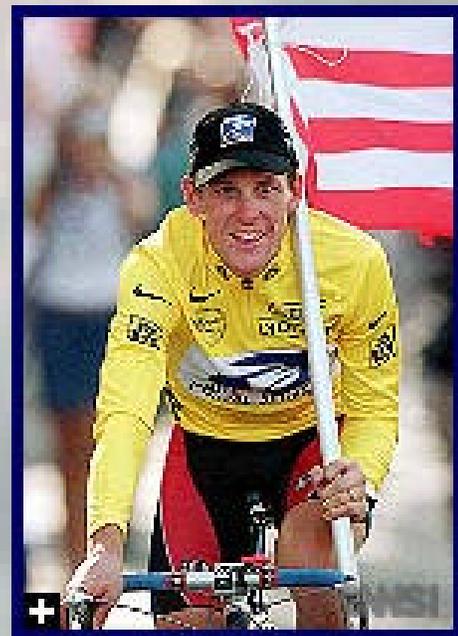
## ▣ Champions practice -

- Deep breathing
- Relaxation exercises
- Praying



# Manage Stress Like A Champ

- ▣ Visualize Success
- ▣ Use Mental Imagery



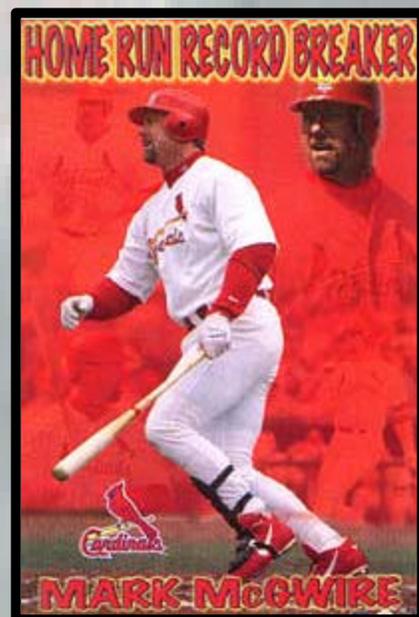
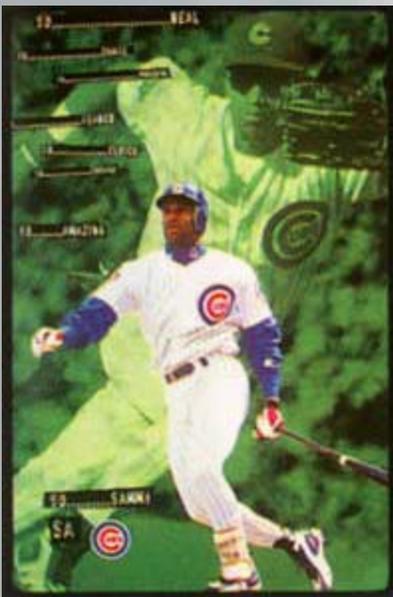
# Manage Stress Like A Champ

- Encourage, inspire and support yourself!
- Speak in a kind and caring way to yourself
- Think positively!



# Managing Stress Like A Champ

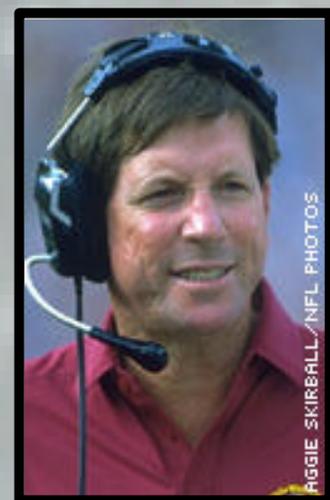
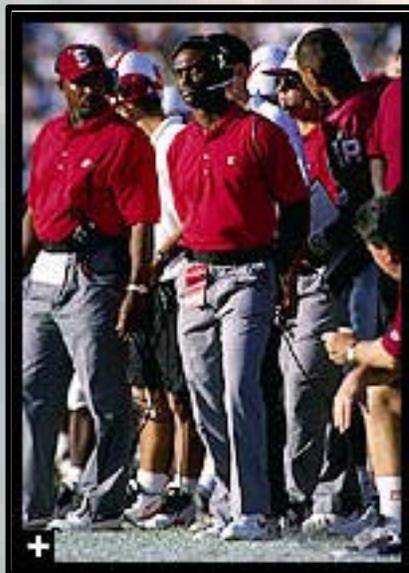
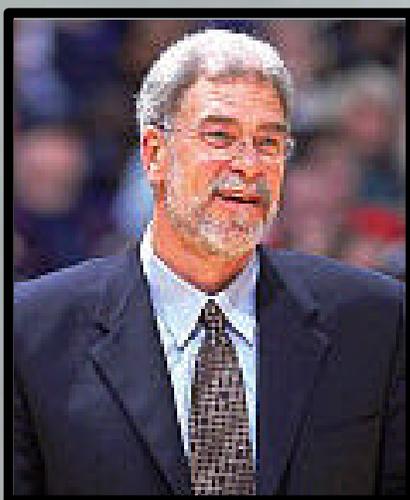
- ❑ Pay attention to the present and what is happening now
- ❑ Stay focused in the Here and Now
- ❑ Enjoy the immediate experience!



# Listen To Your Coach!

**“Coach taught me not only  
about basketball; but  
also about life”**

**— Alonzo Mourning  
NBA Miami Heat**



# Distress like the Best!

- ▣ Let go of worries and tension!

**“I was putting too much pressure on myself”**

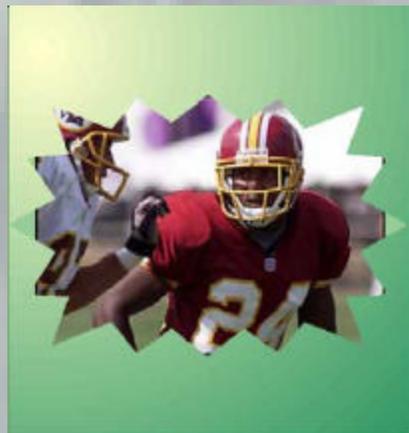


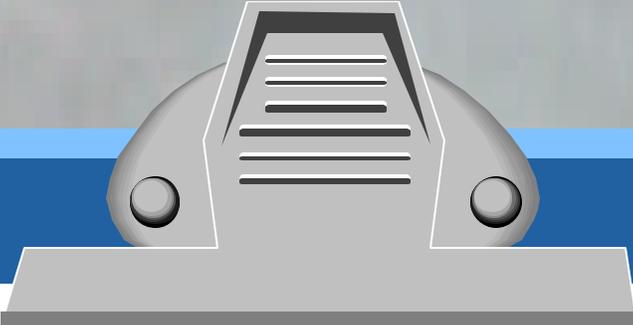
— Mia Hamm  
Soccer Star



# Setbacks

- ❑ Athletes suffer injuries, experience a slump, and plateau in their performance
- ❑ Accept setbacks as a normal part of the game and life
- ❑ Keep a positive attitude about the situation
- ❑ Champions know how to bounce back from adversity, pressure, setbacks!

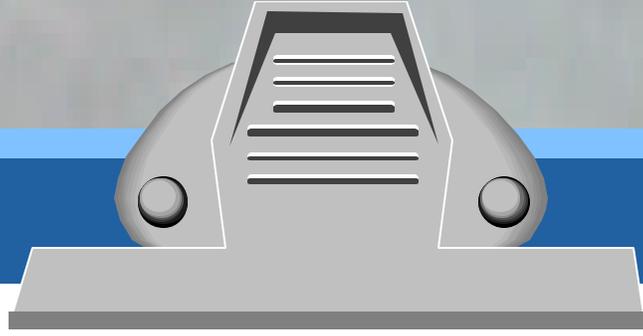




# Game Plan

- ▣ **Champions have a plan**
  - to succeed . . .
  - to manage their stress . . .
  - and follow it!





## **Game Plan To Manage Stress Like A Champ**

- ❑ **What is your game plan?**
- ❑ **What are your stress busting skills?**
- ❑ **How will you use these strategies?**
- ❑ **How will you successfully rebound?**

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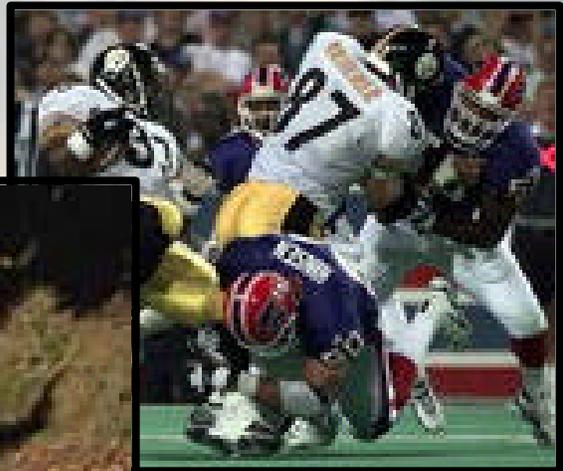
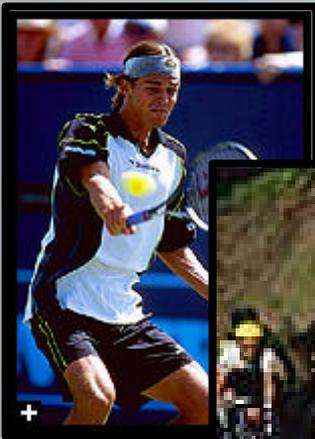
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Remember to manage  
stress like a

**Champ!**



**Just Do It!**