



# DEALING WITH ANXIETY IN TT!

## Why important?

During training and competition, we can experience a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. As a result, negative emotional state with feeling of nervousness, worry and apprehension associated with activation or arousal of the body can occur. This can have a damaging affect on our performance.



## What to do?

Here are some tips, that you could try, to help improve both your training and competition level.

### Minimising pressure

Try and focus your mind on the performance and not think too much about the outcome.

### Attitude to competition

Enjoy the experience, embrace the moment, and try to blank out external influences.

### Breaking skills down

In training try not to focus on everything at once, work on specific parts of your game, plan in stages, isolating certain techniques at a time.

1	2	3	4
SELF-AWARENESS	PROGRESSIVE RELAXATION	BREATH CONTROL	POSITIVE SELF TALK
Recognising how emotional states affects performance.	Involves tensing and relaxing specific muscle groups.	Most effective ways of controlling anxiety and muscle tension.	Reduces negative statements with more positive ones.
Remember the feelings of good performance and not so good.	Learn the difference between relaxation and tension.	Calm = smooth deep breathing Pressure = short, shallow, and irregular.	Athlete to train themselves in situations to turn 'I can't to I will!'
Important to talk yourself through a set of questions to understand the feelings.	Relaxation of muscles will in fact cause mental relaxation.	When performing, athletes struggle to coordinate breathing. Simple to control and can be used during performances.	Cue words that will help feel more positive and encourage you to lift yourself.

All of this is easier said than implemented. Like improving your serve, all of the strategies highlighted take **practice!**