



GAME PLAN PLAN DE MATCH

Managing Anxiety

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SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Welcome and Introduction

Where are you from?

Anxiety

What is it?

- Normal human response to stress and pressure
- Neither good nor bad – just is
- More than a feeling – psychobiological state
- Mind, Body & Brain interaction

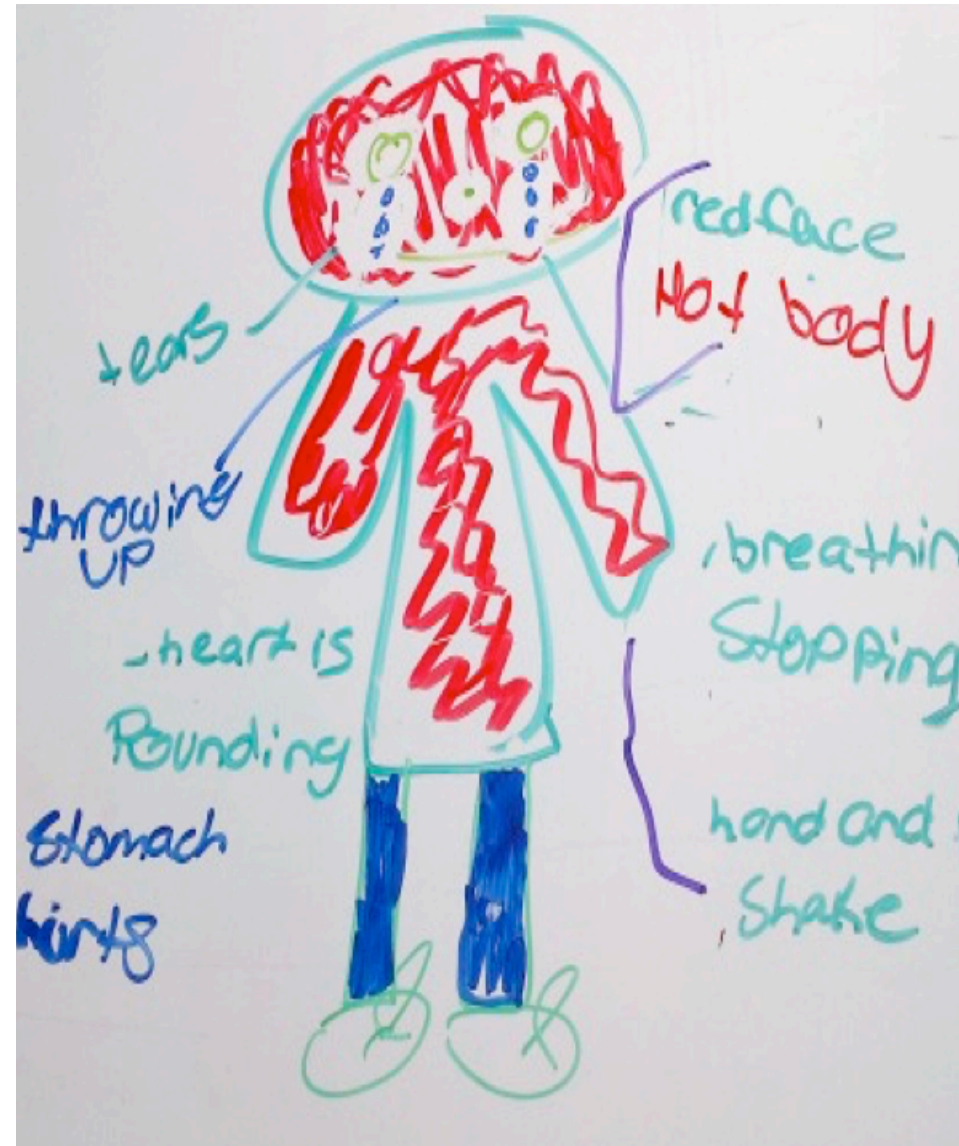
Anxiety in the Mind

- Racing Thoughts
- Doubts - Questioning
- Comparing Self to Others
- Negative Self-Talk



Anxiety in the Body

- Increased Adrenalin
- Increased Cortisol
- Ready for Action



Anxiety in the Brain

CEO – Prefrontal Cortex

- Thinking & Learning
- Technical and Tactical
- Time Manager

Limbic System – Amygdala

- Emotional Centre
- Scans for Danger
- Worry Brain

Brain Stem – Primitive Brain

- Fight, Flight, Freeze,



Stay Emotionally Regulated - Don't “Flip Your Lid”



Types of Anxiety – The Big 5

- **Generalized Anxiety** = worry, preparing for the worst, “what-iffing”
 - (e.g. injury/re-injury, de-selection, poor performance outcomes)
- **Social Anxiety** = fear of embarrassment, judgement, being laughed at
 - (e.g. penalty shot, making public mistakes, fear of others seeing stats)
- **Separation Anxiety** = fear of separation, injury/death of a loved one
 - (e.g. training camps, travel, excessive homesickness)

Types of Anxiety – The Big 5

- **Panic** = an acute, short-lived episode of anxiety including shortness of breath, tightness in chest, racing heart, impending sense of doom
- **Phobias** = specific fears (e.g. heights, bees, tornadoes, enclosed spaces)
- Obsessive – Compulsive Traits, Superstitious Thinking, Injury Trauma and Perfectionistic Traits can all fuel anxiety

- **Fun Fact: Performance Anxiety is considered to be a combo of generalized anxiety, social anxiety and panic.**
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Self Awareness:

Which of the Big 5 types of anxiety is most likely to show up for you?

What are your triggers?

Managing Anxiety – Developing Resilience

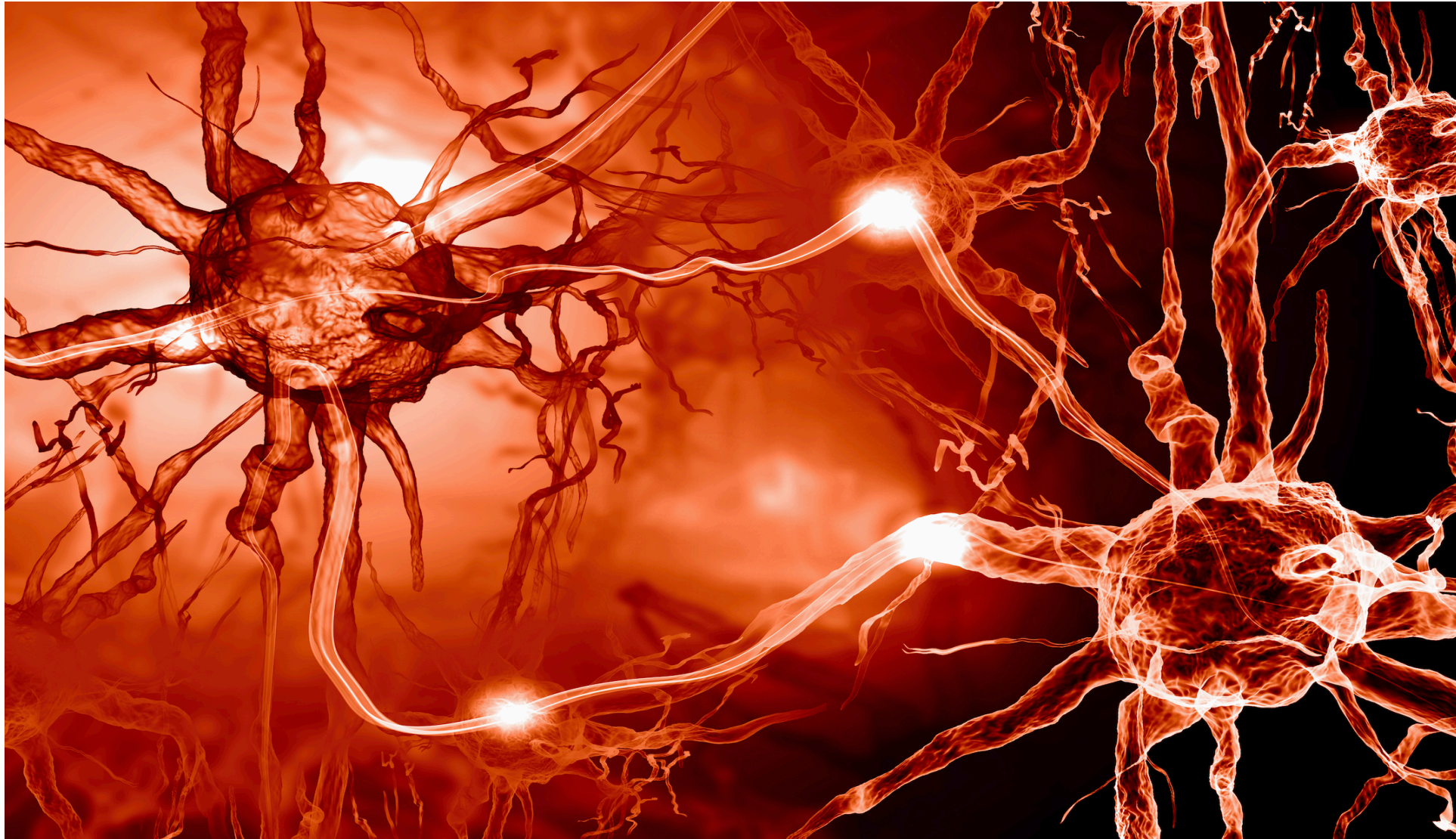
Do...

- Expect anxiety
- Accept physical reactions – “you’re ready”
- Ground Body - Breathe
- Label it, “that’s anxiety talking”
- Stay regulated – emotional control
- Contingency Plan “If this, then that”
- Lighten the mood

Don’t...

- Ignore anxiety
- Fight it
- Reframe it as “excitement”
- Catastrophize
- “Flip your lid”
- Get hooked by worry thoughts
- Worry Plan “What if...”
- Panic about anxiety

Practice self-regulation in the DTE



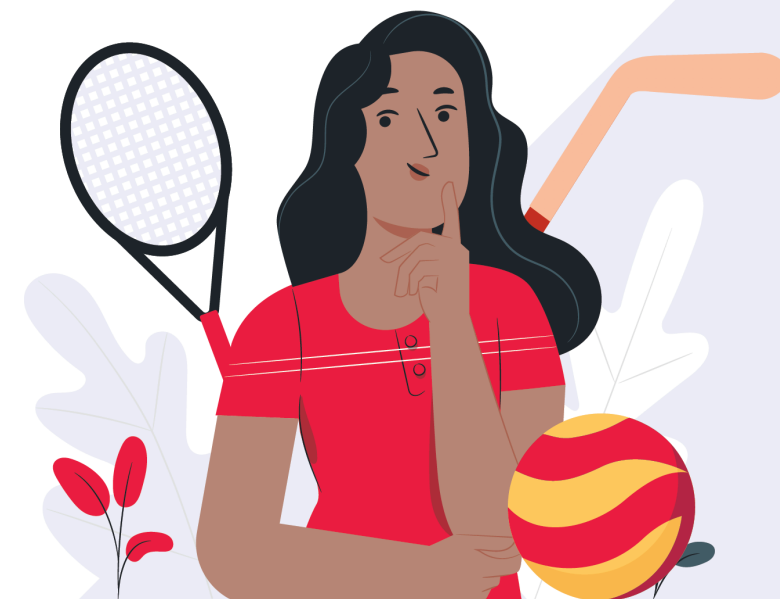
NAVIGATE

The 5-4-3-2-1 technique:

- 5 – Name five things you can see
- 4 – Name four things you can touch
- 3 – Name three things you can hear
- 2 – Name two things you can smell
- 1 – Name one thing you can taste



MANAGING UNCERTAINTY WORKBOOK



Prepared by:
CCMHS
Centre for Community Mental Health Services

Préparé par:
CCSMS
Centre canadien de services à la santé mentale

If Anxiety is Interfering with Functioning – Reach Out

- The 24h mental health crisis line
1-866-996-0991
crisisline.ca

- The 24h Morneau Shepell hotline
1-844-240-2990



- **Your team doctor**
Available as part of the Canadian Olympic and Paralympic Sport Institute Network (COPSIN)

- **Your Game Plan Advisor**
mygameplan.ca

- **The Canadian Centre for Mental Health and Sport (CCMHS)**
ccmhs-ccsms.ca/self-referral-form
 - 613-454-1409 ext. 2090
 - info@ccmhs-ccsms.ca

- **Your COPSIN Mental Performance Lead**

- **Your Mental Performance Consultant**
cspa-acps.com/professional-members

Always remember: You know yourself, so even if you feel a little off, be proactive and talk to someone.



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*National Alliance on Mental Illness

ILLUSTRATIONS: FREEPIK

NCCP Basic Mental Skills

Register for **NCCP Basic Mental Skills** to learn more strategies for goal setting, as well as;

- How to integrate mental preparation strategies into practice
- How to help participants be mentally prepared for competition

Visit the [NCCP Basic Mental Skills](#) page to contact your local [Provincial or Territorial Coaching Representative](#) about current at-home learning options including Online Delivery, and Home study.



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Thank you



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