

MANAGING NERVES BEFORE A COMPETITION

It's normal and even healthy to feel nervous ahead of a competition but here are some clever ways to keep the jitters at bay so you can stay focused and perform at your best.



TAP IT OUT

'Emotional Freedom Tapping' can help neutralise negative emotions. Try this technique before a race or match to realign your energy and bring yourself into the present.



SAY IT, SAY IT AND SAY IT AGAIN

Repeat a positive affirmation to fuel performance. Muhammed Ali would say "I'm young, I'm handsome, I'm fast, I'm pretty and can't possibly be beat!"



USE YOUR TONGUE

When we get stressed, we hold tension in our muscles, particularly around our neck, shoulders and back. One way to release this stiffness is by sticking your tongue out.



OUT OF SIGHT, OUT OF MIND

Close the door on stress by closing your eyes for 5-10 seconds. Breathe deeply and zero in on the exact moment you are in.



CALL ON YOUR ALTER EGO

Beyoncé has often shared how 'Sasha Fierce takes over when she is on stage. Develop your own Alter Ego to help develop confidence.



WHAT'S IMPORTANT NOW?

Most anxiety is caused by worrying about a future outcome. Focus instead on the present and what is important now: W.I.N.



BE CONSISTENT

Practice doing the thing you fear the most to make it less scary. Think to yourself, "First time scary, second time a little scary, third time FUN."



WRITE IT OUT

Write down your thoughts about a particular event. This gets them out of your head and makes them easier to keep under control.



SMILE

Smiling triggers your body to release 'feel good' hormones like dopamine and serotonin so you can find joy in anxious moments and enjoy them more.



FOLLOW RITUALS

Anxiety stems from a lack of control but ritual gives us a sense of control. It can be as simple as washing your hands or bouncing a ball. Create a ritual and anchor it to your best self.



PICTURE THE OUTCOME

Visualise what you want to happen when competition day arrives. Make the images and feelings as vivid as possible, to program and condition your brain and emotions for successful outcomes.



FOCUS ON THE PROCESS

Keep thinking about your process, not the scoreboard. You are only partially in control of the final outcome but you are fully responsible for your next move. Focus on the 'right now' and not the things you can't influence.



MEDITATION

Give yourself five minutes per day to switch everything off and just sit. Learn to be mindful and relax so you can use these skills in stressful situations.



FIND FLOW

Set clear goals, focus only on one thing at a time and push yourself to work just beyond your best and you'll operate in your peak state of consciousness.

