

# Stress Management for Competitive Athletes

*“Ways To Unwind”*

Brought to you by BTSC  
Presented by Coach Liam

# The rundown...

- Stress - What is it?
  - Definition
    - Chronic vs. Acute
    - Good vs. Bad stress
- Cause & Effects
  - Individual
  - Physical, Mental, Emotional, Financial
  - Signs and Symptoms
- Prevention
  - Mindfulness
  - Planning
  - Evaluation
  - Perspective and Outlook
- Management
  - Deep Breathing
  - Progressive Relaxation
  - Guided Meditation
  - Yoga
  - Mindfulness
  - Positive Thoughts & Self-Talk
- Resources

# Stress - What is it?

- Stress - What is it?
  - Definition:

*“Stress is the body’s response to a real or perceived threat. That response is meant to get people ready for some kind of action to get them out of danger. But most of the threats people face today aren’t something that they can fight or run away from. These threats are usually problems that people have to work through.”*

*-<https://cmha.ca/documents/stress>*

- Cortisol - Stress Hormone
- Fight or Flight response
- Chronic vs. Acute
- Good vs. Bad stress
- Nature vs. Nurture

# Cause & Effects

- Cause

*“Stress can come from major events in life such as getting married or changing jobs, or from minor daily incidents, such as job pressures or holiday planning.”*

<https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/your-health-mental-health-coping-stress-health-canada-2008.html>

- Individual Response - Everyone sees things differently
- Physical, Mental, Emotional, Financial, Social

- Effects (Signs & Symptoms)

- Feelings of irritability, sadness or guilt
- Change in sleep patterns
- Change in weight or appetite
- Difficulty in concentrating or making decisions
- Negative thinking
- Loss of interest, enjoyment or energy in something you used to enjoy
- Restlessness

# Prevention

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*“Stress is part of being human—no one can eliminate all stress from their life or prevent stress from ever happening in the future. The goal of stress management is to bounce back from problems or challenges and maintain wellness.”*

-<https://cmha.ca/documents/stress>

## Stress Prevention - 5 Tips for Teens

1. Balance responsibilities (like schoolwork) with activities you enjoy (like relaxing or spending time with friends). It's all about balance: all work and no play is bad. ...
2. Manage responsibilities. ...
3. Eat healthy foods. ...
4. Get proper sleep. ...
5. Make time to exercise every day.

-<https://kidshealth.org/en/teens/stress-tips.html>

# Management & Coping Tools

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- Management
  - Deep Breathing
  - Progressive Relaxation
  - Guided Meditation, Visualization
  - Yoga
  - Mindfulness
  - Positive Thoughts & Self-Talk
- Coping
  - Distract, Soothe (Sound, sight, smell), Cue-word relaxation, Coping-Thoughts
- Others
  - Massage, Warm Bath, Walk, Reading, Music, Pets, Puzzle, etc.

# Tools Con't

## Deep Breathing

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.

<https://www.uofmhealth.org/health-library/uz2255>

## Progressive Relaxation

*Take a deep breath in through your nose...hold your breath for a few seconds...and now breathe out...take another deep breath through your nose... Now pay attention to your body and how it feels.... Start with your **right foot**... squeeze all the muscles in your right foot. Curl your toes as tight as you can, now hold it...hold it...good...now relax and exhale...let your foot go limp...notice the difference between the tension and relaxation...feel the tension flow out of your foot like water...(then repeat with **right lower leg and foot, entire right leg**, etc.).*

<https://www.anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation/>

# Tools Con't

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Guided Meditation



Yoga



# Tools Con't

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## Mindfulness

*“Mindfulness meditation, at its simplest, is paying attention to what is happening in the present moment. It may be what you’re feeling, hearing, or anything else you notice. There’s no special place of calm you have to reach and it’s not about clearing your mind, it’s just an honest and kind look at what you’re experiencing in this moment.”*

<https://www.mindful.org/mindfulness-for-kids/>

OBSERVE

DESCRIBE

NON-JUDGEMENTAL

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

(Positive Thinking)

## Positive Thinking & Self-Talk

### Putting positive thinking into practice

Negative self-talk	Positive thinking
I've never done it before.	It's an opportunity to learn something new.
It's too complicated.	I'll tackle it from a different angle.
I don't have the resources.	Necessity is the mother of invention.
I'm too lazy to get this done.	I wasn't able to fit it into my schedule, but I can re-examine some priorities.
There's no way it will work.	I can try to make it work.
It's too radical a change.	Let's take a chance.
No one bothers to communicate with me.	I'll see if I can open the channels of communication.
I'm not going to get any better at this.	I'll give it another try.

# Resources - Check'em Out!

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- CMHA - <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>
- Gov. Of Canada - <https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/your-health-mental-health-coping-stress-health-canada-2008.html>
- Teen Health - <https://kidshealth.org/en/teens/stress-tips.html>
- WebMD - <https://www.webmd.com/balance/guide/tips-to-control-stress#1>
- University of Michigan - <https://www.uofmhealth.org/health-library/uz2255>
- Anxiety Canada - <https://www.anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation/>
- Headspace - <https://www.headspace.com/meditation/guided-meditation>
- Yoga with Adriene - <https://www.youtube.com/watch?v=i50ZAs7v9es>
- Mindful - <https://www.mindful.org/category/meditation/guided-meditation/>
- MayoClinic - <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>