

10 TIPS FOR STAYING CALM UNDER PRESSURE

 @BelievePHQ



Understand how and why pressure affects you



Control the controllables



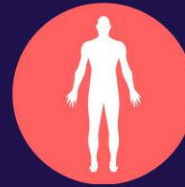
Challenge your thoughts



Apply pressure in training



Visualise yourself performing successfully



Respect your body. Eat, sleep and rest

E MOTIONS

Learn to manage your emotions effectively. Understand how your emotions can influence your behaviour and thoughts

R ELAX

Try incorporating deep breathing, ratio breathing or progressive muscle relaxation in your training. This will help to control physiological and psychological arousal

P RACTICE

Practice is most effective if you can mimic the conditions that you will potentially be faced with in competition

C HALLENGE

Learn how to challenge your thoughts. Try shifting a negative thought into something positive