

SKATE MANITOBA

VIDEO 4 - MANAGING THE SELF



AROUSAL MANAGEMENT

Self-Awareness:

There is so much information lost because we are on "autopilot" and don't register some of the cues or information our body gives us in certain circumstances.

Start by asking yourself and your athletes how does your body and mind respond to a competition? Are you nervous? Butterflies? Tension? Ease? Confident? What does this look like for you?

Now we know distractions will happen, whether this be in practice or competition. Let's get ahead of these by identifying distractions or things that will get you off your game.

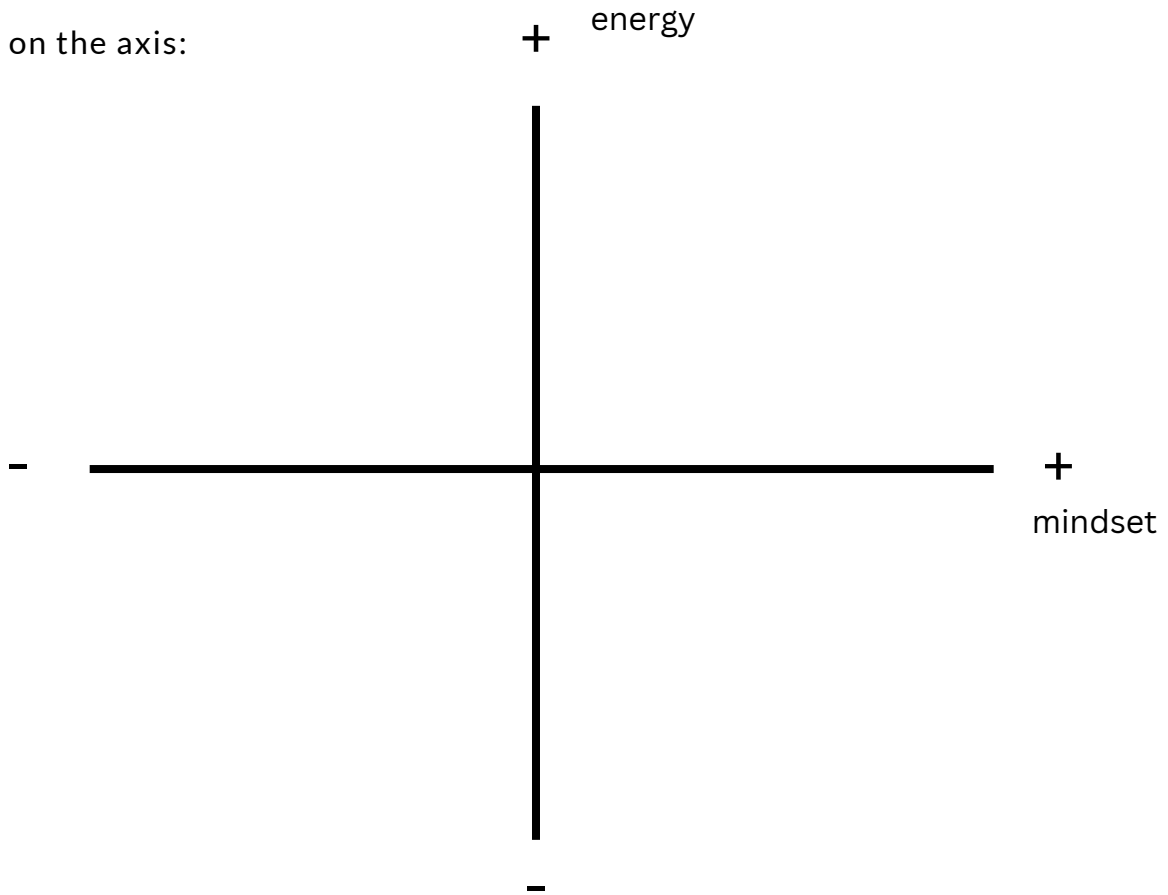
(ex. a mistake, bad score, large crowd, etc..)

Ideal Performance State:

Ask your athletes to remember their best performance.

What made this performance so memorable? How was your energy? How was your mindset?

Draw it on the axis:



Mindfulness:

Deep Breathing (SEAS Breathing)

S: Slow down your breathe

E: Exhale longer than you inhale

A: Abdomen inflates and deflates

S: Shoulders relax

Athlete Challenge:

A good rule of thumb is exhaling double the amount of time as the inhale.

E.g., If you inhale for 3 seconds, exhale for 6.

Challenge your athletes to see how long they can exhale for!

EMOTIONAL REGULATION

The ABC Strategy:

Practicing the ABCs proactively will help athletes to learn to identify their emotions in the moment and use them to inform their response.

Here's a quick review of the ABCs:

A: Be Aware and Acknowledge how you're feeling

E.g., "I'm nervous and my body feels tense"

B: Breathe to regain control

Try taking 4 belly breathes, in through your nose and out through your mouth

C: Choose how you want to respond to that feeling

E.g., Use helpful self-talk to refocus; visual the skill; take a break

Here's an exercise you can have your athletes do to practice the ABCs:

1. Grab a piece of paper and write down a scenario where it was difficult to manage your fear/worry (e.g., difficulty landing a jump). Write down what you were thinking and feeling during that time.

2. Stop and take a few deep center breaths to manage the physical sensations that you feel from the stress. Remember to inhale through your nose and exhale through your mouth.

3. Now write out a few things that would have been helpful to do in that moment that promote how you want to feel. What could you tell yourself? What could you do? How could you manage any physical discomfort you feel?

Encourage them to practice the ABCs for a few days. Once you feel comfortable with this exercise in practice, you are ready to try it in real time.