

HOW TO DEAL WITH MATCH STRESS

By Jamie Stafford,
Tennis Manager.

The Aims Of This Session

- To Identify the difference between Result vs. Performance Thinking.
- List ways to deal with negative thinking & situations
- Describe how to use positive self-talk during matches
- Summarize how beliefs can make or break you.

Reasons Why People Participate in Sport.

- To Compete
- To Belong
- To Socialize
- To Perfect a Skill
- To Get Fit

Why Is Mental Fitness So Neglected?

- It Isn't Tangible
- It Isn't Measurable
- Most feel that if they or others are "mentally weak" then it is impossible to change.

Performance Thinking.

□Staying in the "Here & Now" not allowing what has happened or what may happen to affect you.

- Concentrating on the only thing you can fully control...you're movement.
- Stay Focused on the ball
- Aim to give it your all...Not Win / Lose
- Professionals aim for 70% success rate...club players aim for 100%

Result Thinking

- I must win or I'm Rubbish
- How can I lose to a player like this
- What will they say in the club or at home
- Persistently criticizing yourself every time a mistake is made
- "All Or Nothing Thinking":
Win = Good Lose = Crap.

Using Self-Talk To Help You

- What Would You Say To A Small Child Who Made A Mistake?
- Use Helpful Words To "Work With Yourself"
- Try Not To Allow The Outcome To Rule Your Thoughts
- Use "Nervous" Feelings To Attack the Opposition....Not You!

BELIEFS

- ◆ COMES FROM THE SUB-CONSCIOUS.
- ◆ THEY INFLUENCE HOW YOU BEHAVE
- ◆ BY EXERTING SOME CONTROL OVER THE PROCESS, YOU CAN HAVE THOUGHTS THAT ASSIST YOU RATHER THAN SABOTAGE YOU
- ◆ THIS IS WHY LOOKING AT BELIEFS IS SO IMPORTANT.

HOW ARE BELIEFS FORMED?

- FROM THE MESSAGES RECEIVED THROUGHOUT LIFE
- FROM REMARKS, GESTURES, OPINIONS OF OTHERS
- YOUR INTERPRETATION OF EVENTS THAT YOU EXPERIENCE
- THESE IN TURN ARE PLANTED IN THE SUB-CONSCIOUS
- USUALLY THEY ARE NEGATIVE, LIMITING & FLAWED.

ASK YOURSELF THESE QUESTIONS?

- WHERE DID THIS BELIEF COME FROM?

- HOW IS IT AFFECTING ME?
- HOW CAN I CHANGE IT?
- DO I WANT TO STORE THIS INFORMATION IN MY MIND?
- IS IT LIKELY TO HINDER ME FURTHER?
- THINK OF BELIEFS AS OLD RECORDINGS. IF THEY ARE HINDERING YOU OR HOLD YOU BACK, REPLACE THEM WITH NEW, POSITIVE RECORDINGS.

SELF-CONFIDENCE

- IT IS OUR VIEW OF OURSELVES.

- IT IS SHAPED BY OUR EXPERIENCES & REACTION OF THOSE AROUND US.

- USE SELF-TALK TO ANSWER BACK “A.N.T.S.”
- REGARDLESS OF OUTCOME, SELF-ESTEEM MUST BE UNCONDITIONAL, I.E., NOT RESULT DEPENDANT.
- REMEMBER WHAT YOU THINK AFFECTS HOW YOU FEEL & THEREFORE HOW YOU ACT.
- FRUSTRATION IS THE DISCREPANCY BETWEEN YOUR EXPECTATIONS, AS OPPOSED TO WHAT’S REALLY HAPPENING.