

Managing the stress and anxiety of big competitions

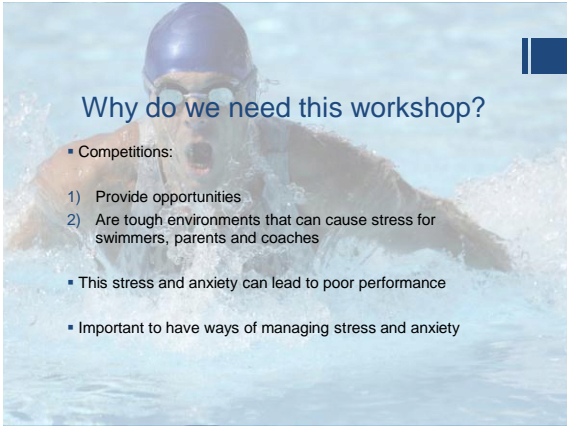
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Why do we need this workshop?

- Competitions:
 - 1) Provide opportunities
 - 2) Are tough environments that can cause stress for swimmers, parents and coaches
- This stress and anxiety can lead to poor performance
- Important to have ways of managing stress and anxiety



Name That Swimmer Picture Quiz!





What do all these folks have in common with you?

Activity 1 – Recognising Stress and Anxiety

General

- 1) What does it feel like to be stressed?
- 2) What does it feel like to be nervous/anxious?
- 3) Are there any differences?

During competition

- 1) When do you get stressed during competitions and what makes this happen?
- 2) When do you get nervous/anxious during competitions and what makes this happen?

Swimmers

- 1) When do parents and coaches get stressed, nervous/anxious during competitions and what makes this happen?

Parents/coaches

- 1) When does your son/daughter/swimmers get stressed, nervous/anxious during competitions and what makes this happen?

Potential competition stressors – What the psychologists say!

Weinberg and Gould (2013)

- Traumatic – Injury pre- or during
- Unpredictable – Cold/warm pool
- Hassles – Difficult opponents
- Competitive – Pressure of performance expectation
- Organisational – Logistical challenges e.g. competition timetable, hotels etc.
- Personal – Family issues

Activity 2 - Managing Stress and Anxiety

- 1) What things could you put in place before the competition to reduce the impact of the stress?
- 2) What things could you do during the competition to reduce the negative impact of stress?
- 3) How could you use the nervousness you experience during competition to benefit your/son or daughter's/ swimmers' performance?
- 4) How can other people help you manage your stress and anxiety during competition?

Stress management – What the psychologists say!

Lazarus and Folkman (1984)

▪ Problem/Approach

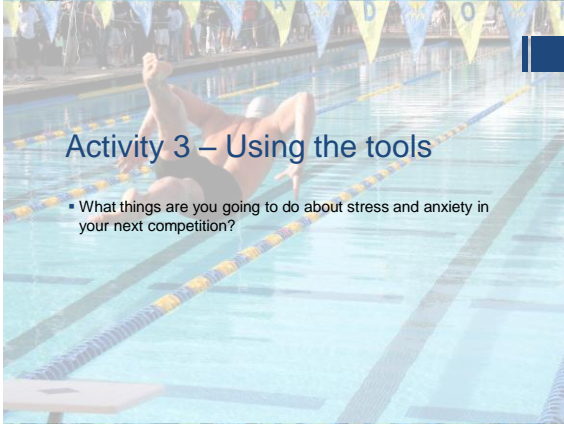
Planning, seeking active social support, removing barriers, learning new skills (psychological as well as physical skills)

▪ Emotion

Humour, seeking emotional social support, re-evaluation, distraction.

▪ Avoidance

Take your bat home!



Activity 3 – Using the tools

- What things are you going to do about stress and anxiety in your next competition?