



Emotionally Fit: Navigating Emotions for Better Mental Health and Sport Performance

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Agenda: Emotionally Fit

- Purpose of the session
 - Navigating emotions for better mental health, sport performance, and enhance family dynamic
- Workshop format
 - Role plays
 - "Game show" format, identifying
 - Top problems
 - Emotions
 - "Hot Takes" and Takeaways
 - Do's and Dont's



Role Play #1

The Top Problem is _____

The Core Emotions are: _____



Role Play #1

The Top Problem is: Perfectionism

The Core Emotions: Anxiety



Role Play #1: Perfectionism

- What is perfectionism?
 - Having a personally high standard at the expense of negative emotional consequences
- What is anxiety?
 - A future-oriented emotion that involves thoughts of uncontrollability and unpredictability of future events
 - Perfectionism provides an illusion of control
- High standard vs. Perfectionism
 - Failure is part of success vs. failure is not an option
 - I learn from mistakes vs. a mistake means I failed
 - I value the process of learning vs. the outcome is more important



Hot Take #1

**“Being Average Happens,
Being Perfect Doesn’t”**



Role Play #1: Perfectionism

- DON'T
 - Share your opinion first!
- DO
 - Ask the “right” questions
 1. Do you want to talk about it?
 2. Do you want me to share what I thought?
 3. Do you want space?
 - 1. After time has passed, you may ask:
 1. What did you learn? (process vs. outcome)



Role Play #2(a)

The Top Problem is _____

The Core Emotions are: _____



Role Play #2(b)

The Top Problem is _____

The Core Emotions are: _____



Role Play #2

The Top Problem is:

(My performance is my) Identity

The Core Emotions: Shame (a) and
Arrogance (b)



Role Play #2: Identity

Shame: the emotional response to failing to meet a personal standard and feeling “less than” as a result

Arrogance: an exaggerated sense of self or one’s abilities



Hot Take #2

“Athletes who equate performance to identity are on a road to emotional dysregulation”



Role Play #2: Identity

- Performance vs. Identity
 - The necessity of separating one's performance from their identity
 - Mental health concerns and emotional dysregulation
- Balance between confidence and humility
 - “Pride comes before the fall”
- DON'T: Agree with your athlete's outcome focus
 - “Don't let your success get to your head”
- DO: Reinforce humility and learning



Role Play #3

The Top Problem is _____

The Core Emotions are: _____



Role Play #3

The Top Problem is: Confidence
(Comparison)

The Core Emotions:
Doubt/Feelings of Inadequacy



Role Play #3

Doubt: Uncertainty of belief or opinion

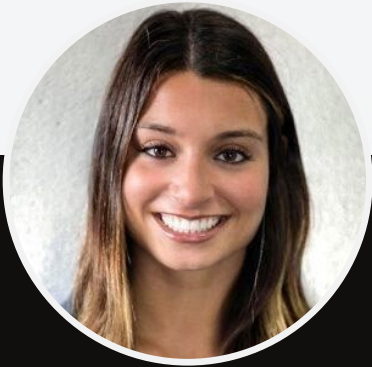
Inadequacy: The perception of lacking quality



Hot Take #3

“Faulty core beliefs lead to faulty outcomes”

Our Core Beliefs: The Power of 3



Ourselves

Thoughts
about
ourselves



Others/World

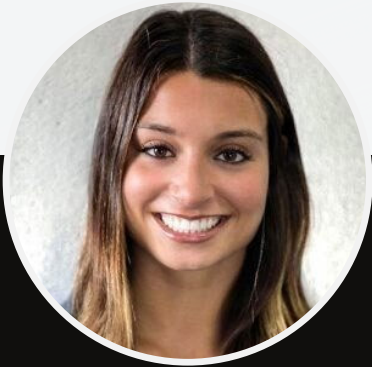
Thoughts about
others/world
around us



Future

Thoughts
about the
future

Our Core Beliefs: The Power of 3



Ourselves
"I am not
enough"



Others/World
"They are
better than
me"



Future
"I won't be
successful"



Role Play #3: Confidence/Doubt

- DO: Consistently tell your athlete that they are valuable, despite perceived performance
- DON'T: Try to change their thoughts by deflecting how they feel



Role Play #4

The Top Problem is _____

The Core Emotions are: _____



Role Play #4

The Top Problem is: Fear of Failure

The Core Emotions: Anxiety, Sadness



Role Play #4

Sadness: emotional response to a personal setback or loss



Hot Take #4

“Your athlete is unique.....just like everyone else!”



Role Play #4: Fear of Failure

- Fear of failure and the “Imposter Syndrome”
- DON'T: reinforce anxiety about being an imposter
 - Normalize but redirect
- DO: Reinforce giving 100% and “leaving it on the field”
- DO: Reinforce having fun
- DO: Express appreciation, **DESPITE** outcome



Role Play #5

The Top Problem is _____

The Core Emotions are: _____



Role Play #5

The Top Problem is: Forcing the athlete to talk

The Core Emotions: Frustration, Anger



Role Play #5

Frustration: the emotional response to unmet expectations

Anger: the natural emotional response to perceived injury, mistreatment, or victimization



Hot take #5

“Forcing an athlete to talk often reflects that the caregiver is uncomfortable with the athlete’s emotions”



Remember

THIS AIN'T ABOUT YOU!



Role Play #5: Forcing the Athlete to Talk

- Frustration tends to reflect my own behaviors and becomes anger when directed toward a source
- DON'T: Tell the athlete how they performed
- DO: Ask if they are willing or ready to talk



Hot take #6

“Emotion regulation is modeled not forced”

