

The Modern Pressure Playbook: Your Emotional Regulation Toolkit

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From Why to What

Today we heard why pressure is everywhere. This hour is what to do with it.



The Day in One Thread

1

The Story

Podium + Myths

Athletes are people, not content.

2

The Screen

Always On

Think T.E.A.M.

3

The Body

Wired and Tired

Sleep is training.

4

The Response

Now: this hour

Notice. Name. Reset. Refocus. Reflect.



What the Day Told Us

Beyond the Podium

Athletes are more than their results.

Jessica Bartley with Jessie Diggins, Max Naumov, Jack Wallace

Media, Myths & Mental Wellness

Athletes are people, not content.

Jennifer Royer with Christine Brennan, Kate Hartman, Steve Borelli, Kara Goucher

Always On

Think T.E.A.M.

Debi Gilboa, Trey Jennifer, Mya Wilson

Wired and Tired

Rest is part of development.

Michele LaBotz, Jeffrey Durmer

What's one thing from today you're carrying into this hour?



Emotions Are Information

All emotion serves an adaptive purpose.

Emotional regulation is a skill that can be practiced and strengthened.

Regulation is not suppressing emotion.

It is recognizing emotions and choosing constructive responses.

Strong feelings are normal in sport:

- **Excitement**
- **Frustration**
- **Anxiety**
- **Pride**



The Playbook

1 Notice.	2 Name.	3 Reset.	4 Refocus.	5 Reflect.
What is happening in my body and mind?	What emotion am I feeling?	What helps me slow down?	What is my next helpful action?	What can I learn from this moment?

Pressure is part of sport. Skills, support, and consistent habits determine how athletes move through it.



Step 1: Notice

What is happening in my body and mind?

WATCH FOR

Tension

Racing thoughts

Frustration

Anxiety

Overwhelm

COACH TOOL

Quick check-in before practice.

Notice the signs in body, thoughts, focus, and sleep before the first drill.



Step 2: Name

What emotion am I feeling?

Identify the feeling without judgment.

“I’m anxious.” “I’m frustrated.”

Naming it turns the volume down.



LIVE DEMO

In Practice: The 60-Second Reset

Let’s try it together, right now.



Step 3: Reset

What helps me slow down?

1. **One slow breath.**
2. **A cue word.**
3. **The next play.**

TOOLS

Breathing. Grounding. A brief pause.

COACH TOOL

Practice it at practice, not just in games, so it’s automatic under pressure.



Pick the Right Cue: The Five M's

Mechanics	"Quick hands" / "Plant foot" — Warming up and fixing mistakes
Motivational	"Let's get it!" / "Go time!" — Hard workouts
Momentum	"Explode" / "Power through" — Key moments like PRs
Mastery	"Center" / "Ride the wave" — Stressful moments and after mistakes
Mercy	"Seen this movie" / "Failure leads to growth" — After mistakes, poor games

Which M do your athletes need most?



Step 4: Refocus

What is my next helpful action?

Return attention to effort, communication, and the next play.

"ELITE SELF" TALK

Constructive.
Values-based.
Supportive.

PRE-PERFORMANCE ROUTINES

Repeatable habits that create focus and readiness.



Step 5: Reflect

What can I learn from this moment?

ATHLETE

Journal.

Thoughts, emotions, performance, learning.

Recovery rituals.

Transition out of competition and evaluation.

TEAM: 2-MINUTE DEBRIEF

One thing that went well.

One thing to practice next time.

That's journaling for teams.



Build the Skills, Protect Joy

Notice. **Name.** **Reset.** **Refocus.** **Reflect.**

Strength includes asking for help: a coach, teammate, caregiver, counselor, or trusted adult.

Joy isn't the opposite of performance. It's fuel for it.

Coach Scenario: After the Loss

What will your first sentence be?

THE MOMENT

Your athlete just lost.

The first thing they hear is from you.

PLAYBOOK MOVE

You are the first headline your athlete reads.

Lead with effort and learning before the result.

Retire "tough athletes don't struggle."



Coach Scenario: Always On

What's your team's phone rule?

THE MOMENT

The game ends.

Phones come out.

Comments roll in.

PLAYBOOK MOVE

Make T.E.A.M. a team rule: Take a minute first.

No posting or replying right after a game.

A phone-free window: bus ride, team meal.



Coach Scenario: Wired and Tired

What will you change this week?

THE MOMENT

"Coach, I'm exhausted."

Early practice.

Late-night travel.

PLAYBOOK MOVE

Sleep is training.

Treat exhaustion as data, not a badge of honor.

Plan wind-down time and recovery into travel.

Take the Playbook With You

Your one-page coach handout puts every step from today on one sheet: Notice, Name, Reset, Refocus, Reflect, plus T.E.A.M. and Sleep is training.
Post it in the locker room. Use it at practice, not just on game day.

Stay connected.

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