

Arousal

The physical and mental stimulation a person experiences

VS.

Anxiety

A negative emotional state characterized by worry, apprehension & high arousal

Some benefits of arousal regulation

Some methods to combat anxiety

 **Self-confidence**



 **Heart rate**



 **Perspiration**



 **Breathing rate**



 **Nervousness**



Imagery



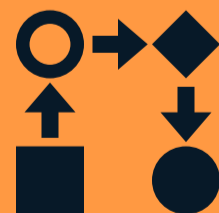
Goal setting



Deep breathing



Pre-performance routines



Re-energizing

