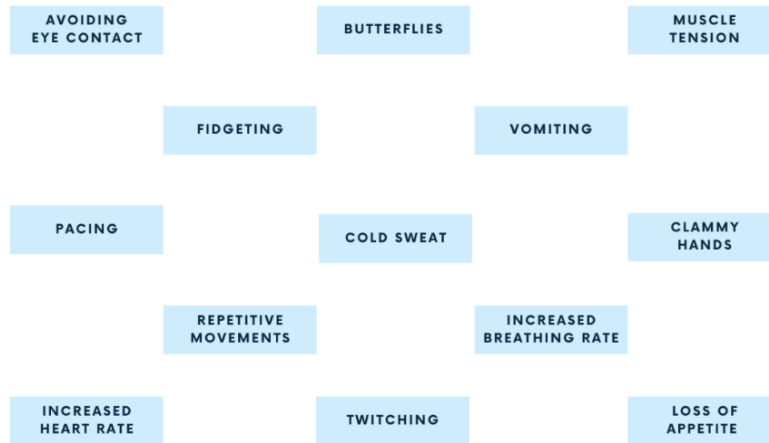


## Acknowledge and Address Worksheet

Symptoms of pre-performance anxiety can be both mental and physical. This worksheet will help you focus on any physical symptoms you may be feeling, acknowledge why they are happening, and hopefully help you to cope with them. Think of a physical symptom of pre-performance anxiety you experience (we've provided a list of potential symptoms below for some examples), then follow the worksheet below to reflect on your experience with this symptom and learn how to acknowledge and address it. We have provided some examples of how to fill in the worksheet. If you experience more than one physical symptom – which is very common – use the multiple lines provided to complete the worksheet for all your symptoms. This worksheet is designed to guide you through an exercise that can be done in your head before a sporting event if you begin to experience a symptom.

### PHYSICAL SYMPTOMS OF PRE-PERFORMANCE ANXIETY



NATIONWIDE CHILDREN'S HOSPITAL, 2015  
PATEL ET AL., 2010

What physical symptom(s) of pre-performance anxiety do you experience most often?

*“Muscle Tension.”*

How does the symptom make you *feel*? (i.e., Do you breath quicker? Does your heart beat faster? Do your hands get sweaty?)

*“I feel tense and stiff, like no amount of warming up will get me ready to play”*

Label what you are feeling. (Is it anxiety? Nervousness? Excitement?)

*“When my muscles get tense, it is because I am nervous to play. I want to perform well”*

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*Acknowledge* the feeling! You are allowed to feel the way you feel, so tell yourself it’s ok to feel anxious/nervous/excited/etc.

*“It’s ok to feel anxious about the game, it’s the championship so it’s normal to be so nervous.”*

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*Address* the symptom. Take deep, slow breaths and focus inward on the symptom. How can you help manage the symptom right now?

*“I will close my eyes and do some extra stretching, while also being mindful of my breathing.”*

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*Redirect* your thoughts. What are you excited for? What part of the game/practice/etc you are looking forward to? What is one thing you hope to accomplish this game/practice/etc?

*“I am excited for the game to start because I’m in the starting lineup for the first time. I’m hoping to score a goal this game.”*

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Now that you have practiced this strategy, try to use it next time you experience a physical symptom of pre-performance anxiety. Run through this exercise in our head (or out loud) before a game, tournament, penalty shot, or any other situation you may feel anxious about!