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# Anxiety Management and the “Ideal Performance State”

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# Understanding Anxiety

- What IS anxiety?
  - “A sense of apprehension and fear often marked by:
    - physiological signs
    - doubt concerning the reality and nature of a situation
    - self-doubt about one's capacity to cope with it.”

(Merriam-Webster Dictionary, 2013)
- What makes you...
  - Anxious?
  - Nervous?
  - Excited?

# Understanding Anxiety

- How does anxiety affect you?
- How does it appear to affect others?

# Anxiety vs. Excitement

- **Anxiety**

- Increased HR
- Increased BP
- Perspiration
- Upset stomach
- Restlessness
- Interpreted as **NEGATIVE**

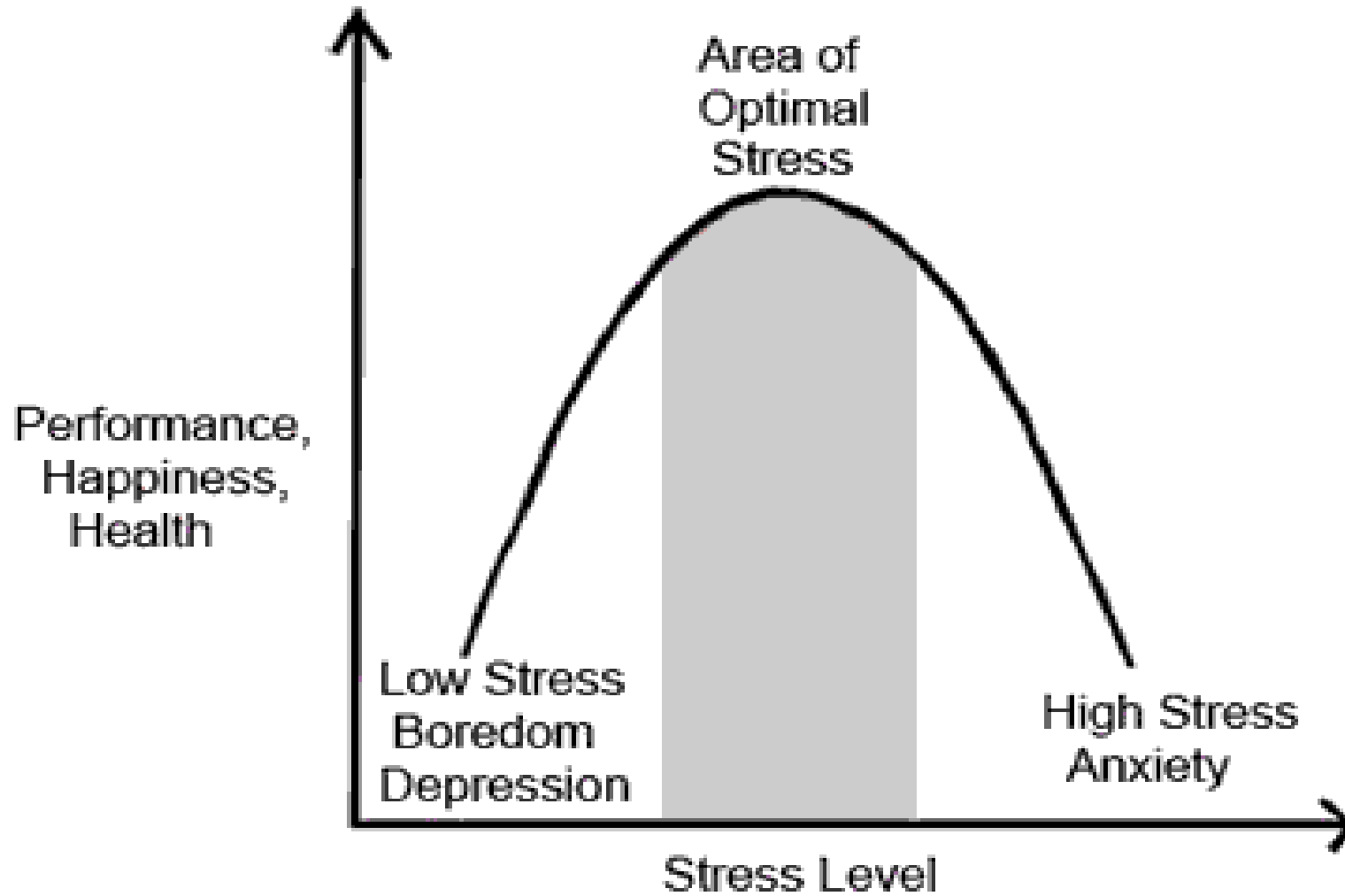
- **Excitement**

- Increased HR
- Increased BP
- Perspiration
- Upset stomach
- Restlessness
- Interpreted as **POSITIVE**

# The Ideal Performance State (IPS)

- IPS refers to the state of activation at which one performs at their best
- IPS is personal to each individual
- *Personal awareness is necessary*
  - Understand your IPS
  - Learn how to achieve it

# Anxiety, the IPS, and the Inverted “U”



# Managing Anxiety

- Managing anxiety can be done in a variety of ways...
  - Breathing
  - Stay present
  - Sharing



# Physical Strategies

- Master the deep breath
  - Focus on the physical act
  - Be conscious of the process
- Ratio breathing
  - Always make sure the exhale is 2x longer than the inhale
- Progressive Muscle Relaxation



# Staying Present

- Start by accepting how you are feeling, but non-judgementally
- Go back to goal setting...
  - What is it you want?
  - What are you going to do to go about getting it?
- Stay process focused, the outcome will take care of itself.
  - If you find your thoughts starting to get away from you, stop, and ask yourself:
  - **“What do I need to do RIGHT NOW?”**

# Sharing

- Sometimes, simply sharing one's feelings can go a long way to alleviating the concerns
  - Talk to teammates, coaches
- Don't keep stress inside
  - Acknowledge it and work to overcome, reframe, and regulate it
- If someone comes to you **BE UNDERSTANDING.**
  - Stress/anxiety is NOT weakness. It is natural
- Use the experience – don't let the experience use you

# Questions?