

Performance anxiety:

Knowing when you're nervous with WSC Sports Psychologist Matti Clements



How does performance anxiety work?

Performance anxiety always works in the same way, that is:

1. You need to perform an activity that requires you to be 'in the flow'
2. You begin worrying and thinking about what could go wrong
3. The anxiety overrides your own performance – a self-fulfilling prophecy

When you realise that you are worrying about your performance, you generally start thinking about ways to not worry, but as a result you are still in the wrong frame of mind for peak performance.

You are still *thinking* when you need to be *experiencing*

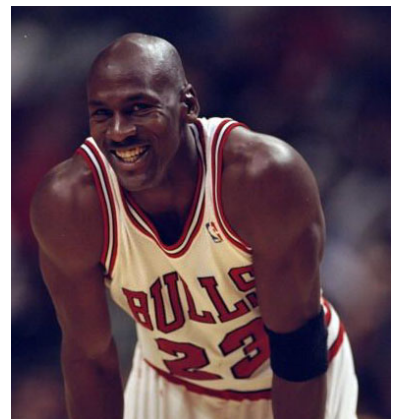
Some symptoms to be aware of:

- Cold clammy hands
- Headache
- Feeling ill
- Increased muscle tension
- Racing heart-rate
- Scared
- Aware of spectators
- Over-thinking
- Agitated
- Dry mouth
- Butterflies
- Worried
- Emotional/ upset
- Nervous
- Profuse sweating



Tips: What do I do to manage performance anxiety?

- Controlled breathing
- Progressive muscle relaxation
- Using effective self-talk
- Reminding yourself of your process goals
- Visualising a successful performance



To get the most from your performance, contact Matti at the Wakefield Sports Clinic on 8232 5833