

Sport Performance Anxiety, Red Flags for Mental Blocks with Post-op Rehab

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The logo for SMART SERIES. The word "SMART" is in large, bold, blue capital letters. To the left of the "S" is a stylized graphic of a hand with fingers pointing upwards. To the right of "SMART" is the word "SERIES" in smaller, blue capital letters, oriented vertically.



Disclosure

- I have no relevant financial relationships to disclose.



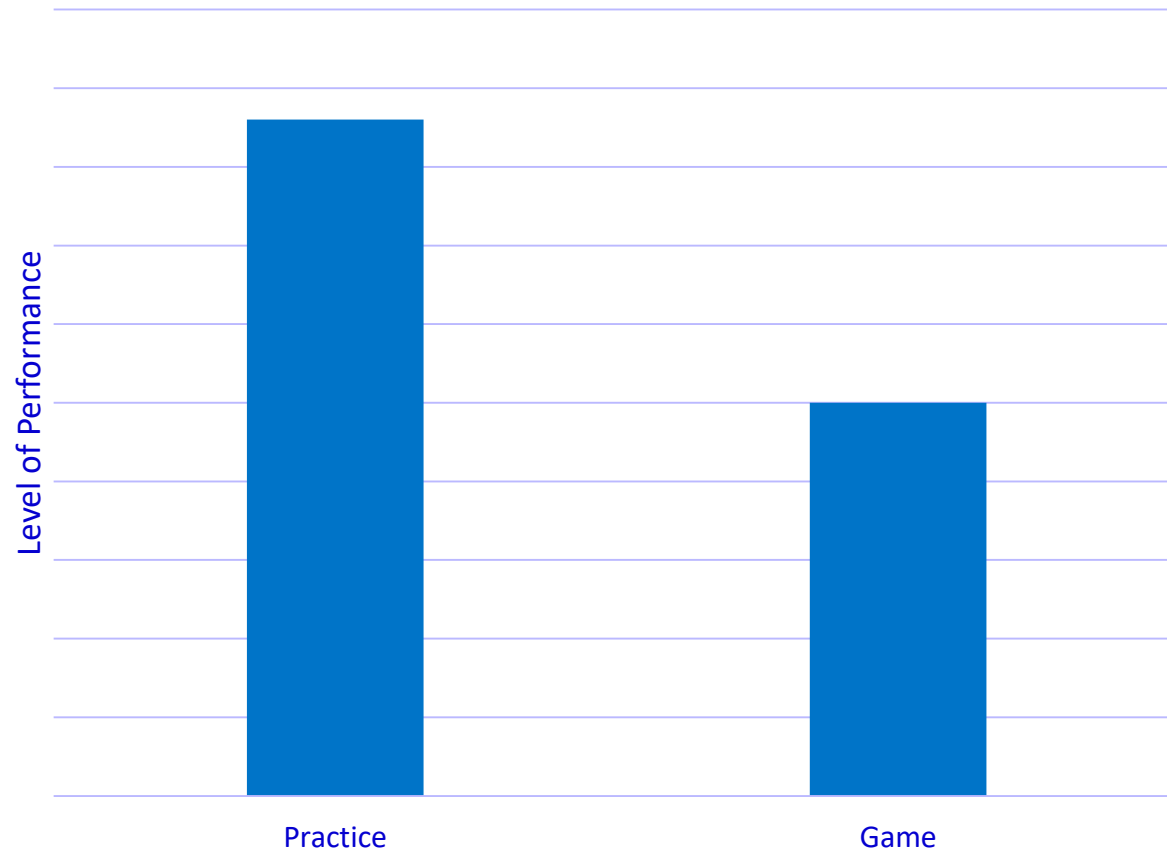
Objectives

- Identify signs/symptoms of performance anxiety.
- Increase comfort with discussing mental blocks with student athletes.
- Increase understanding of the role of performance anxiety in injury recovery.



Performance Anxiety

- Performing more poorly than expected (given skill level)



Weinberg & Gould, 2014



Factors:

- Mental health
- Injury
- Pressure

Signs/Symptoms of Performance Anxiety

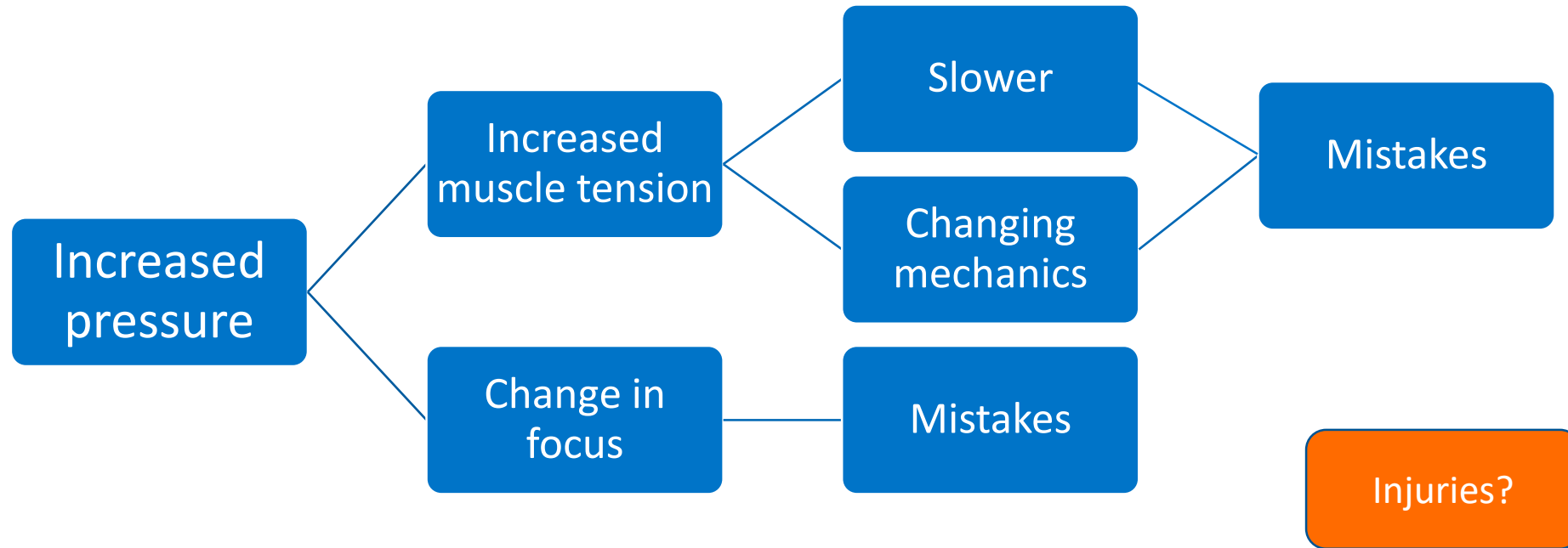
- Overlap with anxiety (with addition of performance concerns)

Physical	Emotional	Behavioral	Cognitive
Headache Nausea Diarrhea Hot Sweating Shortness of breath Light-headedness Rapid heart beat Dry mouth	Fear Disappointment Anger Depression Uncontrolled crying Uncontrolled laughing Hopelessness	Fidgeting Pacing Avoidance Substance use	Racing thoughts Blank thoughts Difficulties focusing Negative thoughts Comparisons

Brewer, 2009



Anxiety and Performance



Janelle, 2002; Weinberg & Hunt, 1976



Performance/Mental Blocks

Mental Block

Yips

Stammers

Twisties

Waggles

Whiskey
Fingers

Mental Block

- “Psychological” phenomena where an athlete loses the ability to perform a previously automatic skill
- Psycho-neuromuscular?
- Example:
 - Putting
 - Throwing
 - Diving
 - Gymnastics skill

Day, Thatcher, Greenless, & Woods, 2006



Causes

- Ideas:
 - *Intense focus on skill refinement*
 - *Disruption of an athlete's training*
 - Fear of impending move
 - Increased level of competition
 - *Parental and/or coach pressure*
 - *Inadequate skill acquisition*
 - *Anxiety*
 - *Residual effects of injury*

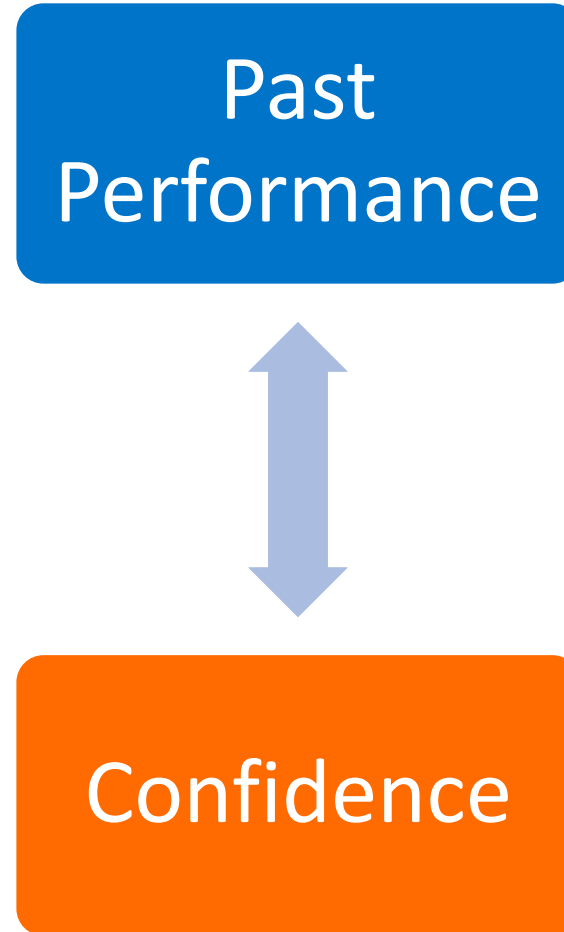
Collins, Morriss, & Trower, 1999



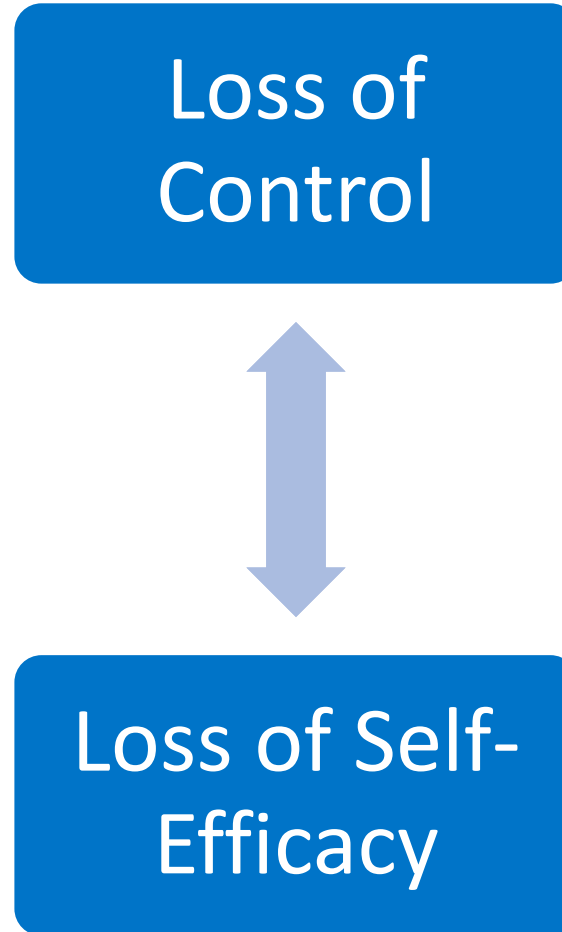
What about Injuries?



Confidence



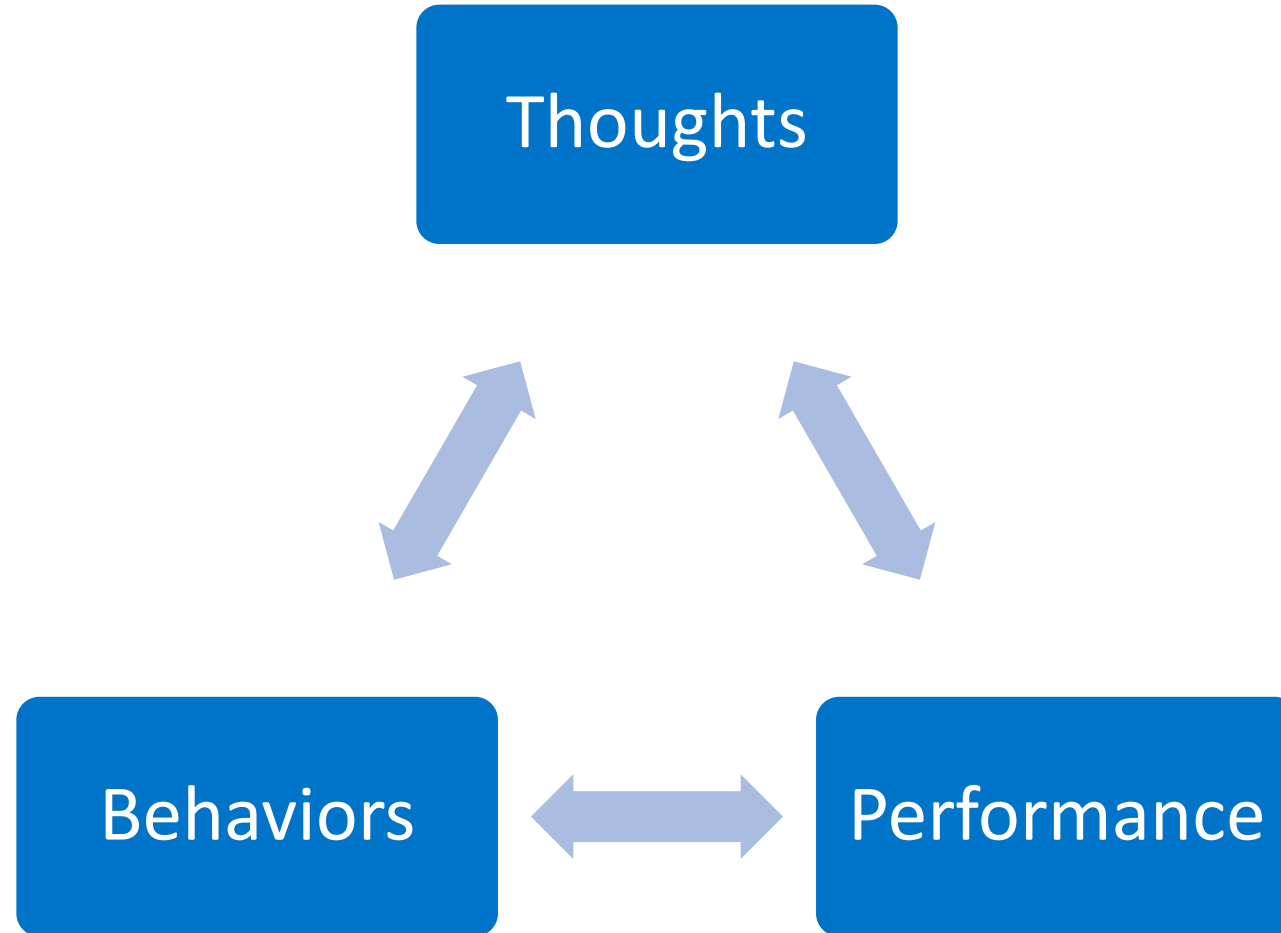
Problems in Injury



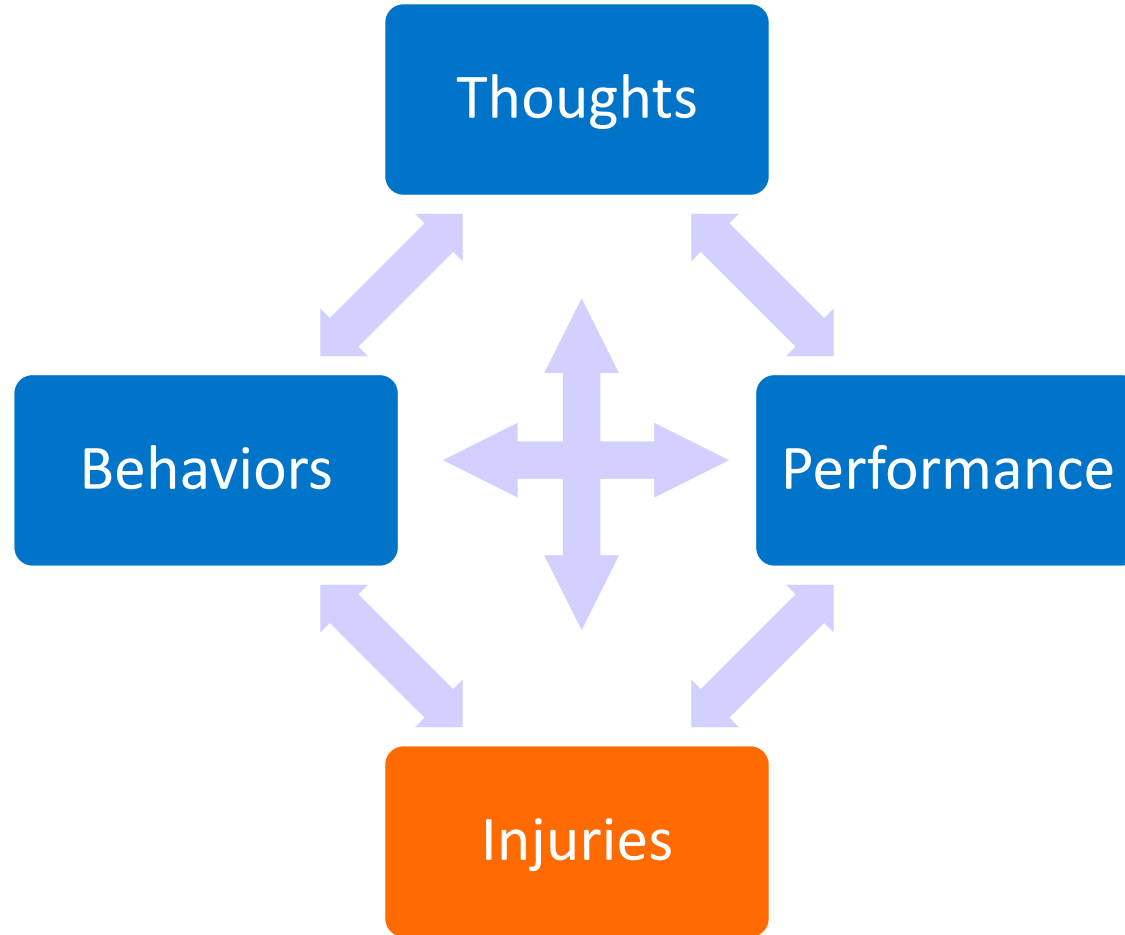
Wiese & Weiss, 1987



Problem...



Injuries



Areas to intervene...

- Need to instill control and success....how...

- Process over outcome...



Process over Outcome



Feel (Awareness)



Start with knowing the warning signs

- “Red” versus “Green”
 - Situations
 - Not meeting goals
 - Complicated recovery
 - Recovery during tough situation
 - Outside
 - Poor compliance
 - Talking a lot about injury
 - Talking a lot about recovery
 - Negative affect
 - Etc.
 - Avoid stupid land.....



Do



Process over Outcome

- Outcome cannot be controlled (bad)
 - Performance
 - Released from injury
- Process
 - Rehab process
 - Physical, Technical, Mental
 - Performance
 - Designed to improve likelihood of outcome



Rehabilitation Process

- “Off season workout”
 - Physical (non-injured areas, sleep, nutrition)
 - Technical (sport specific skills)
 - Mental
- Focus on control and success of getting better
- Getting “better” than others by doing fundamentals



Think

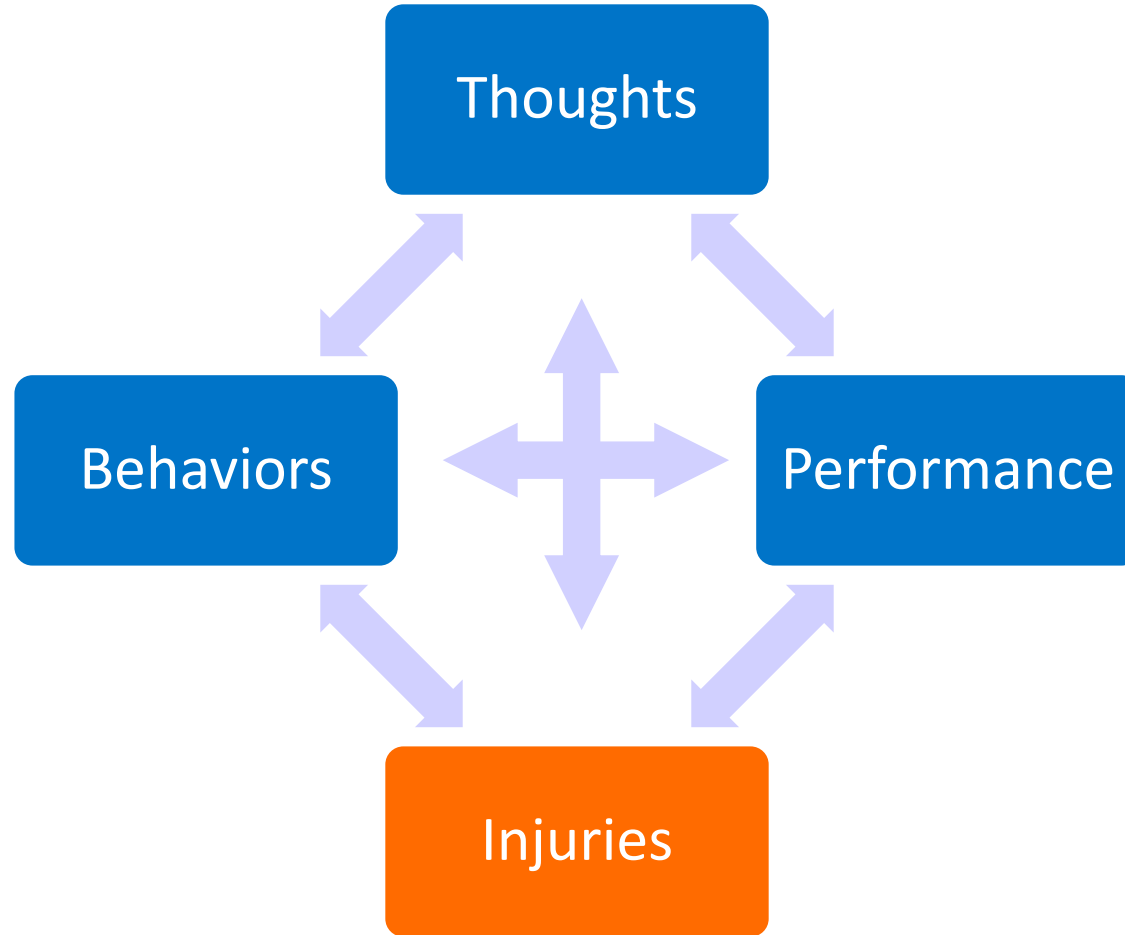


Return to Play

- Physical first, performance second
 - Cannot be 100% successful in performance if not 100% physically back
- Attribution Retraining
 - Self vs something else
 - Permanent vs temporary
 - Control vs not
- Focus on delaying focus on performance outcomes



Injuries



Questions?



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