

VORTEX/A'S SOFTBALL PRESENTATION

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Adolescents and young adults become the best
version

AGENDA

- ▶ Introduction – Activity – Oreo
- ▶ The Athletic Stress response
- ▶ Paper Tigers
- ▶ Control the Controllables
- ▶ Visual Anchors
- ▶ Mental/Physical Mistake
Rituals

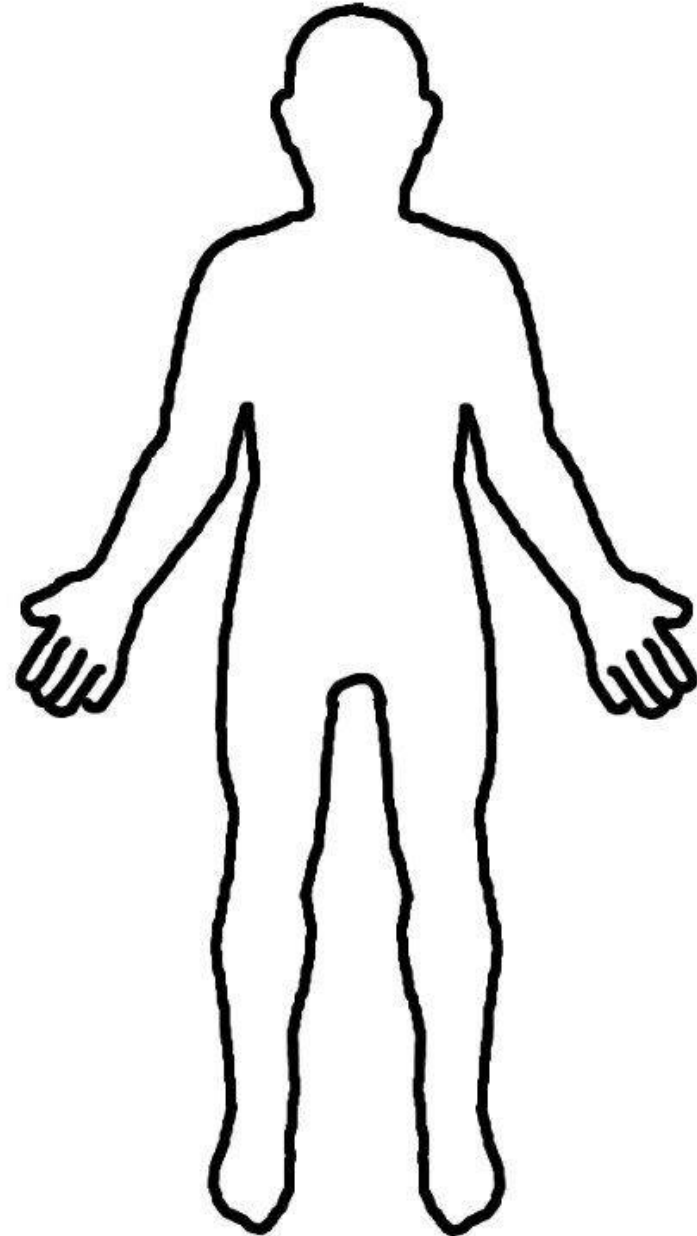


THE ATHLETIC STRESS RESPONSE

- ▶ Stress impacts your performance and athletics. It can either help or harm you. The athletic stress response demonstrates a relationship between performance and stress. Sometimes stress enables you to perform better – to a point . Once you hit this optimal point and stress continues to increase, performance sharply decreases.

WHERE DO YOU FEEL STRESS

- Increased heart rate
- increase pulse
- increase blood pressure
- increase muscle contraction /tension
- Increase shallow chest breathing
- Decrease blood vessels
- decrease digestive action
- increase body temperature






WHAT STRESSES YOU?

- People can be overly alert, anxious, worried, and the like
- The fight or flight response gets Activated in many situations where it isn't needed.



WHAT ARE YOUR PAPER TIGERS?

- Group 1 – Playing Sports in General
 - Group 2 - Softball Specific
 - Group 3 – Teammates
 - Group 4 - Coaches
 - Group 5 - Opponents
 - Group 6 - Umpires
- 

VISUAL ANCHORS

▶ What can they be?

- ▶ Nearby flag, sign, banner, or the large tree branch
- ▶ Lines on your playing surface
- ▶ Nets, fences, or ropes
- ▶ light or speaker pole
- ▶ label, sticker, or tag on your clothes or equipment
- ▶ scoreboard
- ▶ bleachers, clubhouse, concession stand, seats, or benches

▶ Why Are they helpful?

- ▶ help you calm down
- ▶ ease difficult feelings
- ▶ reduce negative thoughts
- ▶ bring you into the present
- ▶ improve your attention and focus

VISUAL ANCHOR PRACTICE

- Step 1. Select any visual anchor point that you can readily see at anytime – a seat, pole, shoes, or something else. You can use the list of visual anchors to guide you.
- Step 2. take a few seconds to observe the object. Notice its surface, shape, size, shine, texture, color, and movement.
- Step 3. While you're looking at the object, take a few slow deep breaths
- Step 4. Check back in with yourself to see if you have any lingering emotions or feelings, if so repeat steps 1-3.
- Step 5. Optional – touch or rub your visual anchor point – the more senses we can engage the more it brings our mind and body into the present moment.
- Step 6: Come up with a saying or mantra – that you can say to yourself to help you reset or refocus. i.e. next swing best swing, lets go, 100% effort all day



MY ANCHORS

- Step 1.
 - Step 2.
 - Step 3.
 - Step 4.
 - Step 5.
 - Step 6:
- 

CONTROL THE CONTROLLABLES

▶ What can we control?

▶ LEARN(K)

▶ Language

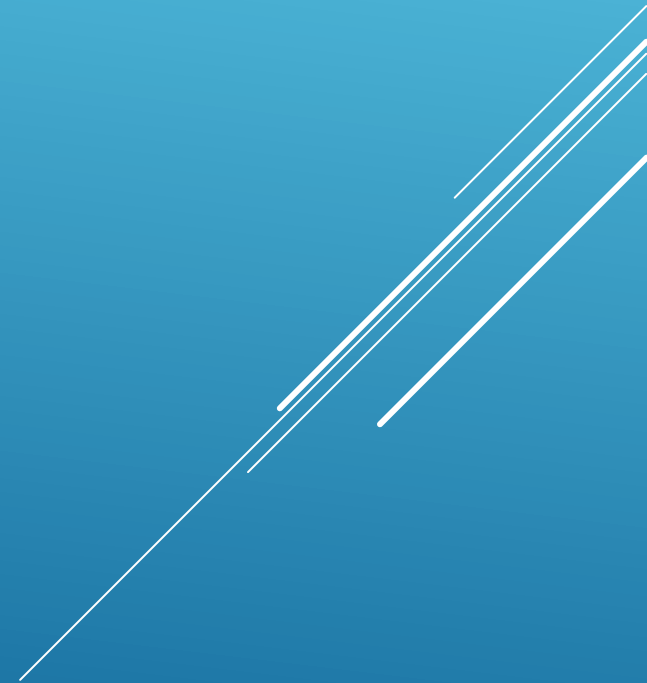
▶ Effort

▶ Attitude

▶ Response

▶ Needs

▶ (K)nowledge



MENTAL MISTAKE RITUALS

- How do you deal with the poor performance event? All-Star caliber players use a sports psychology tool called mistake rituals to help them move past a blunder or error. A teammate or coach might tell you to just forget about a poor player error, but it's not always easy to do so. If you've ever had trouble moving past the mistake, you can mentally and physically wipe it away. The idea is to link up the negative thoughts about making the mistake with thoughts about washing it away. For example, if you play your sport on ice, you could use the image of the Zamboni plowing over your mistake, leaving you a smooth surface on which to make your next play. If your sport is played in the water, you could use an image of a pool filter to wash away your past mistake. If you're on an outside field, the image of a hose or sprinkler could be used to help rinse the error away.
- Using your mind to wipe away a mistake the moment after it is made helps you reset to be ready for the next play. This helps you focus on the moment during the game competition, not a mistake you made in the past. You can always go back later to evaluate your full performance, but it's best to wait until your competition is over so you don't cloud your mind with negative thoughts.

PHYSICAL MISTAKE RITUALS

- Sometimes you just need a brief physical move that will quickly help you disconnect from having made a poor player error. Physical mistake rituals are motions that athletes make, usually with their fingers, hands, or feet, to signify disconnecting or separating from and then moving past the performance mistake. It doesn't undo the error, but it does allow you to stop the negative thoughts that arise from it. You could adapt the same kind of gestures you might use for a game of charades. Some motions you can make include wiping away, cutting, hammering, flushing, raking, blowing, kicking, pushing, or throwing.
- For example, some baseball players rake the smooth dirt with their cleat after making an error. Soccer players sometimes stamp their cleats in the ground and attempt to clean the mud or grass out of their spikes. Lacrosse or field hockey players might turn over an opinion shake their stick as a stigma of letting go of a bad shot. Wrestlers, gymnasts, or cheerleaders could take a towel or shirt, or use their socks or hands, and wipe the mat or their forehead as a sign of wiping away the mistake.

▶ My Mental Mistake Ritual –

▶ My Physical Mistake Ritual –

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