

anxious athletes

Adolescence is filled with emotions, and nothing brings them out more than the adrenaline of performance and competition. Almost equally as stress-inducing is being the adult who has to help manage those emotions. Here are some do's and don'ts for handling anxiety in your athletes.



Do...
thank them

Make them feel safe sharing their worries by thanking them for trusting you.



Don't...
shut it down

Letting them talk about their worries won't make them worse.

Do...
validate them

Even if it doesn't make sense to you, try to understand where they're coming from, but...

Don't...
do too much

Don't get so wrapped up in it; they might sense that you aren't confident in their abilities.

Do...
practice calm

Teach (and model) calming strategies by implementing mindfulness time into your team routine.

Don't...
lie (accidentally)

Don't tell them the thing will never happen, or isn't worth worrying about—you could be wrong!

