

# **Turn Your Stress Into Success**



## McGrath's Stress Model

### Stage 1: **Environmental Demand**

Stress starts as a demand or a challenge. Demands in your sport can be physical or psychological.

## Stage 4: **Behavioral Consequences**

Stress responses will have a positive or negative impact on your behavior, which can in turn impact your performance.

## Stage 2: **Perception of Demand**

How you perceive the demand will influence how your body responds to the demand. You may perceive the demand as threatening or nonthreatening.

## Stage 3: **Stress Response**

You are more likely to have a positive stress response if you perceive the demand as manageable.

Stress responses include:

- Increased arousal Attentional changes
- Anxiety
- Muscle tension
- Motivation



Remember that awareness is the first step to improving your mental performance!

# Self-Reflection Journaling Exercise





The first step to turning your stress into success is awareness. Become aware of your stress with this self-reflection exercise.



What	is really	r challeng	ging abou	ıt your	sport?
What	are som	ne of the	demand	s you fa	ice?

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Remember that demands can be physical or psychological. A physical demand could be executing a new skill and a psychological demand may be feeling pressure to do well.
Which demands do you think you would be able to deal with and which demands seem out of your control?
Think of the reason why you perceive each demand as manageable or unmanageable. Write down all your thoughts.
Choose one of the demands you think are unmanageable and reframe it into a positive statement.
Example: "I can use the pressure I feel to perform as motivation to give my best effort."

