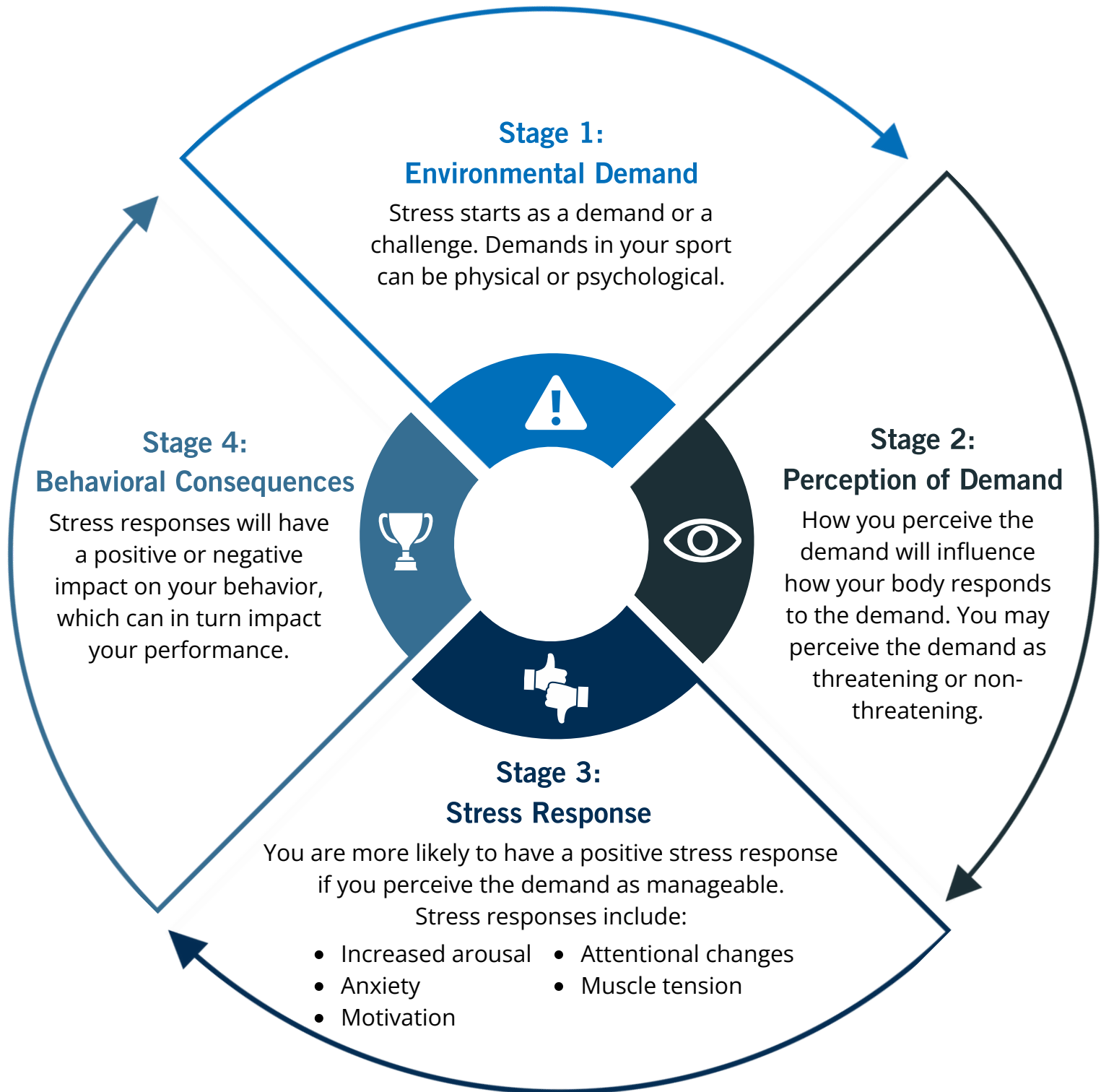


McGrath's Stress Model



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 challenging about your sport?
What are some of the demands you face?**

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."



**If you perceive a demand as manageable, you're
more likely to have a positive stress response.**