

Managing Performance Anxiety in Teen Athletes: Sports Psychology Group to Improve Athletic Performance

GOALS FOR THE GROUP: Learn mind-body skills to help manage anxiety during sporting events and learn what to do if anxiety is interfering with your performance:

- ◆ Stress management techniques to decrease anxious arousal
- ◆ Cognitive restructuring to let go of anxious thoughts
- ◆ Uncover expectations and switch to a growth mindset
- ◆ Quickly recover from mistakes to get back into the game
- ◆ Re-centering techniques to calm you and get back into the present
- ◆ Identify actions, thoughts and behaviors that help you perform well
- ◆ Visualization to mentally rehearse your best performance
- ◆ Develop a training program to mentally and physically prepare for competition

WHEN: Mondays for 2 weeks, July 21 and July 28, 2014

TIME: 1:00-2:30

WHERE: Research Park Clinic, 621 Science Drive, Madison WI

COST: Covered by many health insurance programs

GROUP LEADER: Shilagh Mirgain, Ph.D., UW Hospital and Clinics

INFORMATION: For more information and to register, please contact Michele Johnson (608) 890-6464

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