

# UNDERSTANDING STRESS AND STRESSORS



## Stress

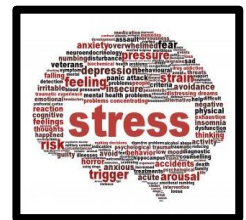
- A relationship between a person and an environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her well being

## Stressors

- Threats or perceived challenges

## Stress reaction

- Physical and emotional response



## Symptoms of Stress

### Somatic (Physical) Symptoms

Mainly in response to increased levels of adrenaline:

- Increase in heart rate
- Increase in sweating
- Reduction in skin blood flow
- Butterflies in your stomach
- Rapid Breathing
- Tense Muscles
- Dry Mouth

### Cognitive symptoms

- Worry
- Confusion
- Inability to concentrate
- Difficulty making decisions
- Feeling out of control

### Behavioural symptoms

- Talking rapidly
- Nervous mannerisms
- Scowling

**Develop an understanding of your stress triggers**

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## Competitive Stressors

*"An ongoing transaction between an individual and the environmental demands associated primarily and directly with competitive performance"*



Opponents



Injury



Technique



Crowd



Preparation

## Learning from experiences



Develop some 'What if scenarios' based on your past experiences and the list of stressors you have identified

- What if.....happens?
- Has it happened before?
- Did I handle it last time? (challenge or threat)
- How will I need to handle it differently if it happens again?
- Or, can I find a way of stopping the stressor from occurring in the first place?