



# 5 WAYS to beat the stress of competition

Unfortunately, sports aren't always fun and games. Constant demand, pressure to win and high expectations to always play your best can take a toll on kids.

Here are 5 ways to help kids ease the pressure.



### Relax your muscles:

Contract (flex) a group of muscles tightly for about 5 seconds, then release. Repeat 5 times, selecting different muscle groups.



### Find support:

Simply sharing your feelings can ease anxiety. You could talk to someone who has helped others deal with sports stress, such as a coach or fitness instructor.



### Be positive:

Watch out for negative thoughts. Instead, tell yourself: "I learn from my mistakes!" "I'm in control of my feelings!" "I can make this goal!"



### Treat your body right:

Eat a healthy diet and get a good night's sleep, especially before games where the pressure's on.



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### Don't expect perfection:

Everyone messes up from time to time (so don't expect your teammates to be perfect either!). Forgive yourself, remember your great shots, and move on.