

# INTERNAL PROCESS STRATEGIES FOR STRESS MITIGATION

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# Introduction

- ▣ The business of athletics
- ▣ The effects on the athlete
- ▣ Optimal stress for performance

# Anxiety

- ▣ Endler (1977)

Described anxiety as both subjective and observable bodily disturbances that are out of proportion to the threat, directed toward the future, and unpleasant.

# Anxiety and Sports

- ▣ Negative emotions in athletes
- ▣ Onestak (1992): personal fears of the consequences of one's performance
  1. Psychological
  2. Physiological
- ▣ Not anxiety that affects performance

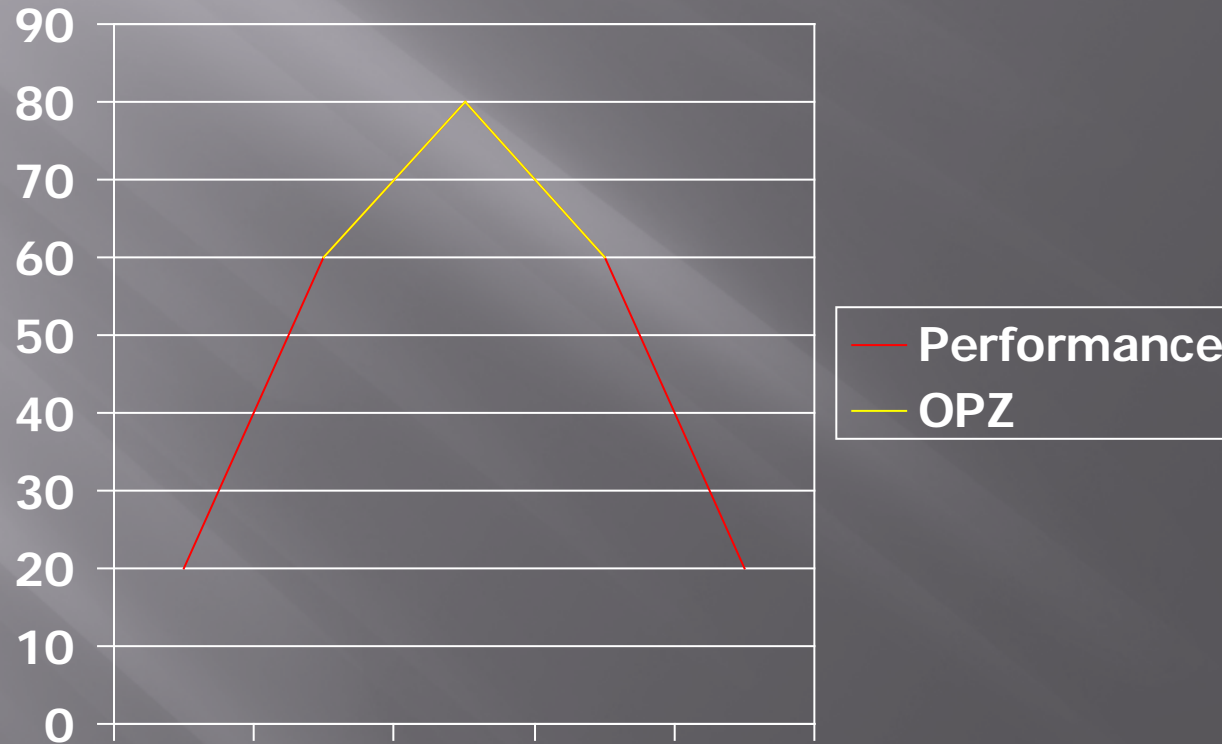
# Trait Anxiety

- ▣ Spielberger (1966)
- ▣ Trait anxiety is the relatively stable individual difference in anxiety proneness that is regarded as a personality disposition or trait.
- ▣ Trait anxiety can differ from person to person; so too can their tolerance for different levels of anxiety.

# Conceptualization of Performance

- ▣ Burn Out
- ▣ Peak Performance
- ▣ Rust Out

# The Optimal Performance Zone (Yerkes-Dodson Curve)



# Strategies for Burn Out

- ▣ Break up continuous people contacts
- ▣ Know what stressors the job entails
- ▣ Say NO
- ▣ Delegate responsibility
- ▣ Break up large projects into smaller parts

# Obtaining Peak Performance

- ▣ Establish goals
- ▣ Take control of your time
- ▣ Maintain sound health
- ▣ Know your stress points

# Strategies for Rust Out

- ▣ Stay alert
- ▣ Take risks
- ▣ Avoid isolation
- ▣ Stretch for success
- ▣ Overcome obsolescence

# 4 Conditions For Progression

1. The person's ability to achieve the task at hand.
2. The quality and quantity of work involved.
3. The difference between perceived ability and actual ability.
4. The results of the match or mismatch of one's capabilities and the work load.

# Measure

- ▣ The Sport Anxiety Scale (SAS; Smith et al., 1990)
- ▣ Test was developed to assess both cognitive and somatic anxiety.

- ▣ Scree test factor analysis was used to find the three factors that accounted for 48% of the variance.
  1. 22% of the total variance consisted of identifying manifestations of Somatic Anxiety.
  2. 14.9% of the variance was accounted for in questions about Self Doubt.
  3. Intrusive Thought and Concentration accounted for 11.1 % of the total variance.

# Reliability

- ▣ Internal consistency estimates (Cronbach's alpha) for both male and female athletes were
  1. .92 for Somatic Anxiety
  2. .86 for Self Doubt
  3. .81 for Intrusive Thought and Concentration
- ▣ After 18 day retest, test-retest reliability = .77.

# Visual Motor Behavior Rehearsal (VMBR)

- ▣ VMBR is a visualization technique.
- ▣ Can induce or reduce stress to obtain OPZ.
- ▣ Fosters neuronal activation.
- ▣ Suggested to decrease the time it takes to develop muscle memory (“mushin,” flow states).
- ▣ Allows one to practice even after muscle fatigue .

# Goals

- ▣ To make good athletes better athletes.
- ▣ Wins and losses is not the goal; a person or team can perform at their peak and still lose.
- ▣ Not intended to create ability that is not there.
- ▣ Not intended to be a motivational tool.  
However, confidence will increase with better performance.



# Summary



- There exist cognitive strategies for individuals to achieve peak performance “Raw” that should not be neglected. The addition of technological assistance has potential to push a person past their level of optimal performance (i.e., a shift-up in the Yerkes-Dotson curve). This should be the goal in the field of stress and workload mitigation.