

10 TECHNIQUES ATHLETES CAN USE AT HOME TO MANAGE STRESS



 @BELIEVEPHQ



Find an activity which you can engage with and try being present with it by using all your senses



Progressive muscle relaxation can be used to relieve muscle tension which you might be experiencing



A thought diary can be a useful way to write down what you are thinking and how you are feeling



Identify times in the past where you have coped well with stress and use those as positive experiences to move you forward



Deep breathing is a useful technique to help reduce physiological and psychological arousal



Breathe slowly, close your eyes and imagine yourself in a relaxing and peaceful place



Identify self care activities which bring you a sense of calm and relaxation (reading a book, having a bath, talking to a friend)



Scheduling activities into a weekly planner can help bring back a sense of control and reduce stress



Problem solving is a great way to manage worries and find solutions to a problem



Identifying thinking errors can be used as a technique to identify negative thinking patterns

