

Good evening
Guten Abend

Dobra večer

Dober večer

Buona sera

TAKE CARE OF YOUR
coach

PERCIEIVING STRESS

TAKE CARE OF YOUR COACH

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STRESS & CONTROL

**NO CONTROL AND VERY
SMALL INFLUENCE**

WE HAVE INFLUENCE

DIRECT CONTROL

**CONTROL THE
CONTROLLABLE**

THE WORLD

League, Organisation,
how other people think,
behave, react, ...

OTHERS

Relationship with others,
communication, resolutions,
game flow, performance
during the season, etc.

ME

(behavior, body,
thoughts,
emotions, effort)

WE CAN HAVE UNDER CONTROL ONLY OURSELVES

- ✓ Our thoughts, mindset, mentality.
- ✓ Our attitude, behavior, reactions.
- ✓ The effort we put in, the way how we prepare.

How do people usually deal with stressful situations?

'FIGHT'



*Deal
with the situation.*

'FLIGHT'



*Escape
from situation.*

'FREEZE'



Immobilize / choke / block

SOLUTIONS ORIENTED



CONSCIOUS

Something we
are aware of.

UNCONSCIOUS

Something that has a root in our
experience, our background,
upbringing, personal rules & values.

TAKE CARE OF YOUR COACH

EMOTIONAL REACTIONS

CONCERN

In response to events that are important to the individual's goals, motives, concerns.

EVALUATION

As the result of how we cognitively evaluate situations, activities, or ourselves.

Result from how we think other people perceive us.

INTERPRETATION, CONCERN & EVALUATION

- ✓ Our beliefs, concern, interpretation of the situation strongly affect our emotions and behaviors.
- ✓ Our **subjective interpretation** of **objective events** can have an influence on how we'll feel and behave – how we experience them.

INTERPRETATION, CONCERN & EVALUATION

RIGID beliefs, personal rules, values



Situation - **THREATENING**

FLEXIBLE beliefs, personal rules,
values



Situation - **CHALLENGING**

SITUATION PERCEPTION

