

Performance Indicators – ANXIETY MANAGEMENT

Competition can cause anxiety reaction, so accept it as a natural thing in competition.

Anxiety is helpful too to realign you to the task, the objective.

Anxiety management can come in the form of tuning out, listening to the sounds around you, enjoying a bit of levity (laugh).

See anxiety as a challenge to overcome, contend with.

Don't try controlling anxiety, just don't let it (anxiety) control you.

Lachlan Tighe, 2015.