

# SPORT & PERFORMANCE PSYCHOLOGY

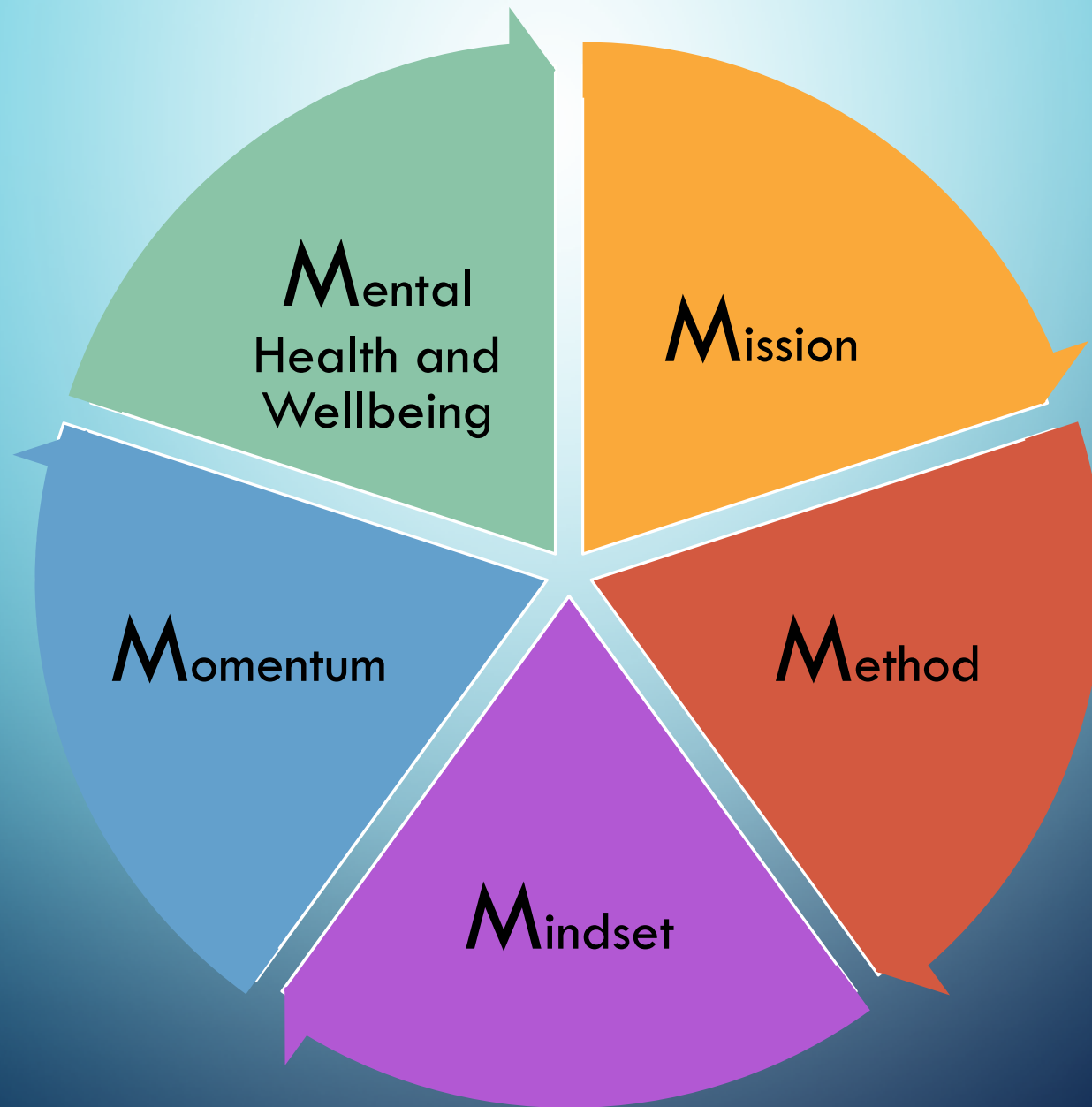
JO DAVIES C.PSYCHOL

ARMY ELITE SPORT PROGRAMME BRIEFING DAY

29.09.20



# WHAT IS SPORT & PERFORMANCE PSYCHOLOGY?



# EVERYONE HAS MENTAL HEALTH



Healthy



Coping



Struggling



Unwell



What would last week  
'look like' as emojis?

# 2020 HAS BEEN A CHALLENGING YEAR(!!!)

And experiencing a range of emotions is entirely normal

CHANGE!!!! / UNCERTAINTY!!!!

Stress

Anxiety

Lack of  
control

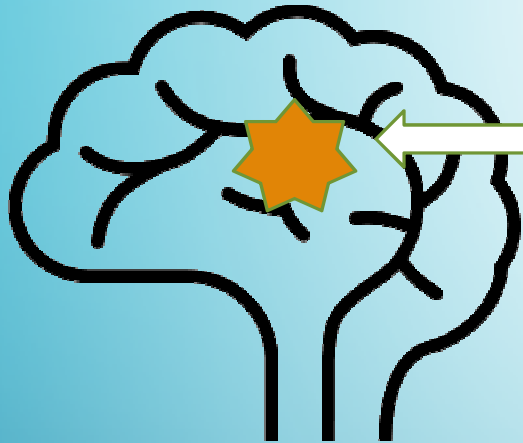


Flat

Loss

Anger

# THE 'CAVEMAN' BRAIN



Limbic  
System

Detects threats and  
dangers for us...



What if I can't  
compete until 2021?

I can't deal with the  
uncertainty

My competitors can do  
more than me

I'm losing skills and  
fitness

# HOW CAN WE MANAGE CHANGE... UNCERTAINTY... TRICKY EMOTIONS?

## **Connection**

(with your  
emotions.. others)

## **Consistency**

(towards values  
& routines)

## **Competence**

(moving towards  
goals)

# HOW ARE YOU? (REALLY)

Connection

“How are you?”

Broken. Useless. Alone. Clueless.  
Confused. Betrayed. Fragile. On the verge  
of tears. Depressed. Anxious. About to  
break down. Really give up. Pathetic.  
Annoying. I'm just a burden. Distant.  
Lonely. Bitter. Heartbroken. Lonely.  
Rejected. Crushed. I feel like I'm going to  
just fall apart at any moment. Empty.  
Defeated. Never good enough.



# CONNECTING WITH YOUR EMOTIONS

Connection

When have you felt  
energised... vitality...  
positive emotions this  
week?  
Why?

When have you felt  
flat... low... angry...  
upset... tricky  
emotions this week?  
Why?



# CONNECTING WITH YOUR EMOTIONS

**Connection**

- ✓ Understanding what 'triggers' your emotions can help you to manage those triggers
- ✓ Consider a daily 'reflection' or journaling – to notice patterns – but ALSO appreciate the 'good stuff'!

BMW of managing emotions....

**B**reathe...

**M**ove...

**W**hat's (really)  
important  
now?



# CONNECTING WITH OTHERS

Connection

What are you **struggling** with at the moment?

What would you really like to **improve or boost** at the moment?

**WHO** in your support team can help you?  
TASS... Coaches... Team-mates... Family...  
Colleagues... Friends...

# CONSISTENCY TOWARDS VALUES

Even though you  
may not compete  
for some time?

Even though  
there is  
uncertainty...

Even though  
there's no  
'guarantee' of  
'success'?

Why do you  
persist at your  
sport?

Consistency

Passion

Progress

Health

Inspire

Social

Structure

Challenge

# CONSISTENCY TOWARDS VALUES (ROUTINES / PLANS)

So how can you move  
towards what you value?

What routines /  
plans do you need  
in place?

Consistency

Passion

Progress

Health

Inspire

Social

Structure

Challenge

# COMPETENCE

MOVING TOWARDS YOUR GOALS

Competence

SET YOURSELF ONE SHORT-TERM GOAL /  
ACTION POINT FOR THE NEXT WEEK

**WHAT ARE YOU GOING TO COMMIT TO, THAT  
WILL TAKE YOU CLOSER TO WHAT'S  
IMPORTANT TO YOU?**

(Could be making contact with someone; getting  
equipment; creating better sport or life routines...)

# CONTACT ME

**Email:** jo@jdpsychology.co.uk

**Mob:** 07703 318 071



## Connection

(with your  
emotions.. others)

## Consistency

(towards values &  
routines)

## Competence

(moving towards  
goals)