

Conversation Starters:

For Athletes Dealing with Pressure



Conversation Starters

Describe a sports situation that made you feel pressure or stress.

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How do you know you are feeling pressure or stress?

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Where in your body do you feel pressure or stress?

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What kind of thoughts go through your head before a big competition?

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Do you feel like most of the pressure you feel is from you or from someone else?

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What is your favorite way to reduce stress or handle pressure?

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How do you talk to yourself when you make mistakes?

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What do you say to a teammate when they make a mistake?

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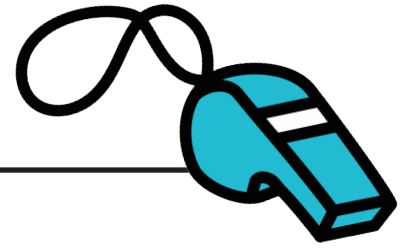
What sort of music helps you relax?

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Who can you talk to when you feel pressure?

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How do you think pressure has helped you with your sport?

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How do you help others who are under pressure?

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What are some unhealthy ways to get rid of pressure?

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How can I help you handle sports pressure?

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