



# Emotion Regulation



## Understanding emotions

All emotions serve a purpose.

Emotions motivate us to take action.

Emotional reactions tell us important information.

Emotions are not bad



## Emotions in Sport & Exercise

Prominent emotions are anxiety and anger.

These emotions can help or hinder performance.

Notice how emotions impact you physically.



Unhelpful emotions may increase heart rate and cause muscle tension

## Emotion regulation strategies

**These strategies can help you feel more in control:**

Re-appraise how you view the situation.

Find the grey area for all or nothing thinking patterns.

Use relaxation techniques to calm your body's response.

Examples: deep breathing, counting, visualisation.



"I am capable of achieving..."

Utilising coping strategies can help to improve performance

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