



HOW TO COMBAT SPORTS ANXIETY

What is sports anxiety?

The National Institute of Health depicts sports anxiety as an unpleasant psychological state caused by stress related to performance and competition.

How to cope with sports anxiety?

- Practice mindfulness (deep breathing, journaling, etc.)
- Getting enough rest
- Practice!
- Talk to your support systems!

FOR MORE INFORMATION ON ALL THINGS
NJ4S, PLUS RESOURCES
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