Streamline the Family Stressline

with David Benzel, Sports Family Coach
Learning Objectives

- Challenge your perception about stress.
- Identify the stressors in your family life.
- Develop a personal plan for using coping resources.
What is Your Stress Mindset?

Mindset #1: Stress is harmful.
- It depletes my health and vitality.
- It debilitates my performance and productivity.
- It inhibits my learning and growth.
  The effects are negative and should be avoided.

Mindset #2: Stress is enhancing.
- It enhances my performance and productivity.
- It improves my health and vitality.
- It facilitates my learning and growth.
  The effects are positive and should be utilized.

How many pushups can you do?
What is Stress?

Stress is:

A. To be avoided at all costs.
B. Experienced by troubled people.
C. Unnecessary.
D. Normal & neutral.

Stress comes in three flavors:
- Developmental
- Environmental
- Accidental

Stress Realities:
- Family Symptoms
- Personal Symptoms
What You Believe Matters

STRESS can make you:

- Smarter
- Stronger
- More successful
- Healthier
- Happier

The best strategy for stress is not to reduce or avoid, but to
Rethink & Embrace
# Who You Are is Determined by What You Believe.

**The Lies We Believe**
- I must be perfect.
- I must have everyone’s love and approval.
- Things have to go my way for me to be happy.
- My unhappiness is externally caused.
- I am only as good as what I do.
- Life should be fair.
- I should not have to wait for what I want.
- Things are black and white to me.
- The past predicts the future.
- My athletic problems are my coach’s fault.

**The Truths We Must Believe**
- To err is human.
- What ‘should’ have happened did.
- You can’t please everybody.
- You don’t have to.
- The virtue lies in the struggle, not in the prize.
- You are not entitled.
- There is no gain without pain.
- Emotional problems are good.
- Life is difficult.
- You reap what you sow.
Life Stressors

Which of these events or circumstances seem to create the most stress for your child?

<table>
<thead>
<tr>
<th>Practice Environment</th>
<th>Competition Environment</th>
<th>School Environment</th>
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</thead>
<tbody>
<tr>
<td>Worries about practice</td>
<td>Physically affected by pre-event stress before</td>
<td>Worries about exams night before or morning</td>
</tr>
<tr>
<td>performance before it starts;</td>
<td>it starts;</td>
<td>of a class;</td>
</tr>
<tr>
<td>Nervous about pleasing</td>
<td>Mentally distracted during event due to</td>
<td>Emotionally distraught over grades received;</td>
</tr>
<tr>
<td>coach or teammates during</td>
<td>performance outcome anxiety;</td>
<td></td>
</tr>
<tr>
<td>practice;</td>
<td>Suffers emotionally for long periods after event;</td>
<td>Overly concerned about approval of friends</td>
</tr>
<tr>
<td>Anxiety after practice about</td>
<td></td>
<td>in school;</td>
</tr>
<tr>
<td>mistakes made;</td>
<td></td>
<td>Reluctant to join social activities or groups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>due to “not fitting in.”</td>
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</tbody>
</table>

Rate each stressor from 1 (lowest) to 10 (highest) to indicate their intensity.
Place each stressor from the previous page in the proper category

“Outside my control”
- Nervous about pleasing coach or teammates during practice;
- Overly concerned about approval of friends in school;

“Within my control”
- Mentally distracted during event due to performance outcome anxiety;
- Worries about exams night before or morning of a class;
Stress is a physical reaction going off inside your body.

It’s an alarm that is used to protect you when you’re in trouble.

Another way of thinking about stress is how you deal with all the things you cannot control.

One of the most damaging aspects of stress is that our bodies retain the memory of stress long after our minds calm down.
Your Response Options

Fight or Flight Response
Motivated to protect or defend self, or survive.

The Challenge Response
Motivated to seize the opportunity to learn and grow.

Tend-&-Befriend Response
Motivated to protect the friends and community you care about.
What Creates Well-Being and Happiness?

From: www.authentichappiness.com

1. **Positive Emotion**
   - The “pleasant” life

2. **Accomplishment**
   - Realization of worthwhile goals

3. **Engagement**
   - Being “in the flow”

4. **Relationships**
   - Long-lasting, secure relationships

5. **Meaning**
   - Using your strengths in the service of something bigger than yourself

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What’s not on the list?  

Money/Trophies
Five Strategies that Create Personal Well-Being

1. Keep a daily record of 3 “Golden” Moments; (“What went well today & why”)

2. Keep a Gratitude Journal (make 3 daily entries)

3. Practice an optimistic explanatory style when misfortune strikes;

4. Create a 5:1 Environment – 5 positive emotions for every 1 negative;

5. Set aside a specific time for prayer/meditation daily;

Adapted from “Flourish” by Martin Seligman
“People are not disturbed by things, but by the view they take of them.”

- Epictetus
List three predictable stressors to work on. What strategies will improve the way you cope with each one?

<table>
<thead>
<tr>
<th>Stressors</th>
<th>Strategies</th>
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<tbody>
<tr>
<td>I.</td>
<td></td>
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<td>II.</td>
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<td>III.</td>
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The Best-Kept Secret of Self-Confidence

with David Benzel
America’s Sport Family Coach