



# 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.**
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# 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.

*85% of  
Americans*



## 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?

## Practice Environment

Worries about practice performance before it starts;

Nervous about pleasing coach or teammates during practice;

Anxiety after practice about mistakes made;

## Competition Environment

Physically affected by pre-event stress before it starts;

Mentally distracted during event due to performance outcome anxiety;

Suffers emotionally for long periods after event;

## School Environment

Worries about exams night before or morning of a class;

Emotionally distraught over grades received;

Overly concerned about approval of friends in school;

Reluctant to join social activities or groups due to “not fitting in.”

Rate each stressor from 1 (lowest) to 10 (highest) to indicate their intensity.

# STRESSORS



Place each stressor from the previous page in the proper category

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## “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;

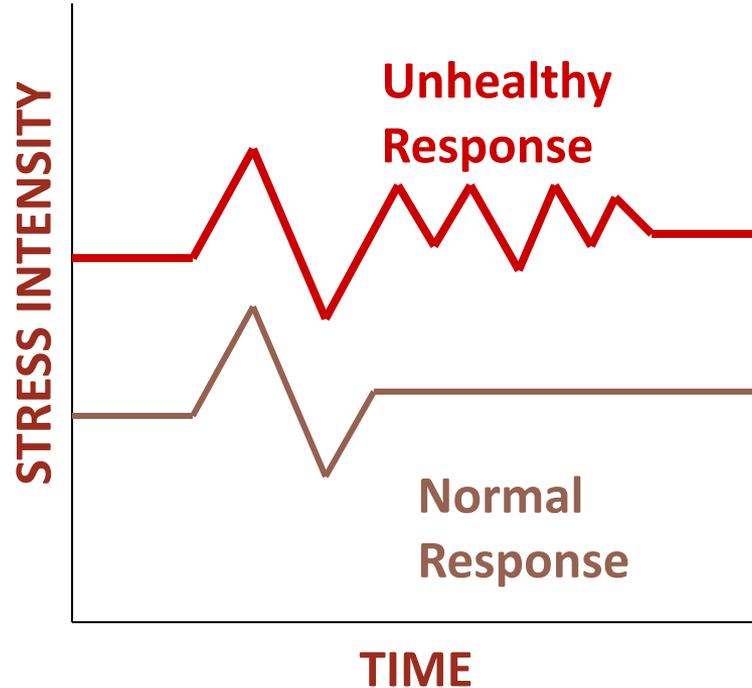


# STRESS



A mentally or emotionally disruptive influence

- 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.authentic happiness.com](http://www.authentic happiness.com)

Your Score 1- 5



**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

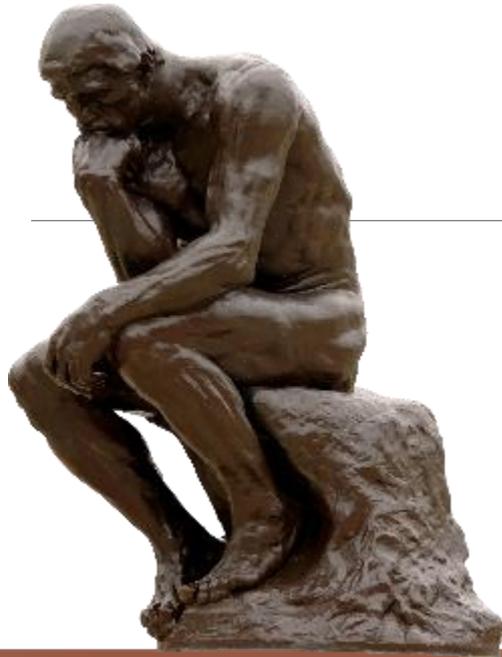
What’s not on the list? -----

Money/Trophies

# Five Strategies that Create Personal Well-Being



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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;**



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“People are not disturbed by things, but by the view they take of them.”

- Epictetus



# My Action Plan



List three predictable stressors to work on. What strategies will improve the way you cope w/ each one?

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Stressors	Strategies
I.	
II.	
III.	



Monday  
August 24<sup>th</sup>

# The Best-Kept Secret of Self-Confidence

with David Benzel  
America's Sport Family Coach