



# How to Manage Overwhelm & Expectations for High-Pressure Events



## A Mental Skills Workbook for Athletes & Performers



*Hi, I'm Demi Agai by -*  
a Mental Performance Consultant & founding director of Beyond Horizons Performance (BHP). Through BHP, I'm committed to embedding psychological skills training and mental wellness across athletic and artistic spaces.

*Let's build confidence, mental toughness, and resilience together!*



Become a pro at managing pressure! In this workbook, you'll learn strategies and mental frameworks that will help you approach high-stake situations in a whole new way. We will focus on 3 elements (1) Before the Pressure, (2) During the Pressure (3) After the Pressure.



## **a** Before the Pressure

### Strategy #1 - Let Go of the Outcomes

List all of the outcomes that you tend to hyper-fixate or worry about below:

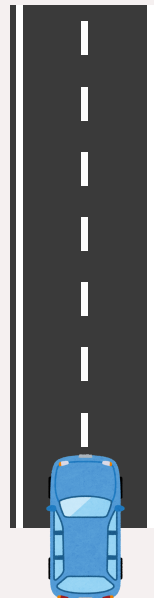


✦ ✦ Often times, athletes will become too concerned about the outcomes (winning, placements, etc.). Releasing the outcomes of the experience helps relieve some pressure and re-orient the focus towards execution. **Draw a big X over your outcomes or cross them out!**

### Strategy #2 - Go Left

In the chart below, create a list of all of the factors that are in your control and out of your control.

Controllable Lane




Uncontrollable Lane



When you find yourself focusing on uncontrollable factors, switch lanes! Telling yourself, “go left” can be a gentle reminder to focus on what’s in your control. It also helps you avoid over-thinking!

### Strategy #3 - Experience the Heat

List 4 different ways you can experience pressure in a low-stake environment. Make sure that these are realistic and implementable!



✨ ✨ It's important to get comfortable being under pressure. The more that you experience pressure, the better you will become at managing it!


### Strategy #4 - Set an Intention

How do you want to approach your high-pressure moment? Choose an intentional word and write it below.



*My Intention:*


What does that precisely mean?



What attitudes does that demand?



What feelings drive that process?



What actions would demonstrate its constant presence?



## **b** During the Pressure



Trust

High pressure moments will always try to get the best of you, but you've done your homework! Trust that your preparation will pay off.



Breathe

To help connect your mind & body, prioritize taking deep breaths - in through the nose and out through the mouth. You can also try boxed breathing.



Affirm

What self-talk phrase can repeat to yourself that will remind you of your preparation and internal mental strength? Write it below.

“ ”

## **c** After the Pressure

We grow from what we go through! There's always something to learn after a high-pressure moment. Below are a few prompts to help you effectively reflect on your experience.

» **Identify** - What happened? Why did things happen the way they did?



» **Resolve** - What are next steps I can take in my preparation that will help resolve any issues?



» **Diffuse** - How can I separate my worth/identity from my emotions/thoughts about the situation?



*Did you find this helpful?*

Schedule your free discovery call [HERE](#) to dive more into how you can manage your performance anxiety & rise to any occasion that comes your way!

