

# 8 TOP TIPS

FOR A

# POSITIVE FOOTBALL EXPERIENCE



- 1 MUSIC**  
Listen to songs that get you in a positive state of mind
- 2 POSITIVE SELF CARE**  
Take control of how you talk to yourself, make it positive and rational
- 3 RELAXING IMAGERY**  
Visualise things to reduce stress & anxiety
- 4 FACE YOUR FEARS**  
With support from others, face your fears head on

- 5 LEARN FROM OTHER**  
What do other players do to manage their emotions?
- 6 DEVELOP SELF-AWARENESS**  
Keep a diary
- 7 REFRAME**  
View the upcoming game as an opportunity not a threat
- 8 TAKE DEEP BREATHS**  
Lowering your heart rate will help you relax