Performance Anxiety
Presentation

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Objectives

• Discuss the differences between Anxiety and Performance Anxiety
• Recognize signs associated with Performance Anxiety
• Understand factors that contribute to Performance Anxiety
• Identify personal Zone of Optimal Performance
• Understand impacts of COVID-19
• Learn how to cope more effectively with Performance Anxiety
Stigma of Mental Health

• “Mental health” tends to be used in a negative way
  • Broad term that covers both healthy and unhealthy states
  • Constant state of flux, ever changing to reflect responses to the environment
    • Intrinsically connected to physical, emotional, and social health
• Healthy mental state is being able to cope with daily stresses of life
Performance Anxiety

• Most likely going to encounter performance anxiety
  • Situational bouts of anxiety are normal part of life

• However, prolonged anxiety could be an anxiety disorder
  • 32% of college students have an identified anxiety disorder

• Identify differences between anxiety disorder and performance anxiety
Feeling apprehensive, feeling powerless, lack of control, feeling weak or tired, irritability, difficulty concentrating, muscle tension

**Symptoms:** Rapid heartbeat, sweating, trembling/shaking, chest pain, nausea/dizziness, chills/hot flashes

**Characteristics:** Symptoms persist even when situational pressures lessen

**Anxiety**

**Treatment:** Medication, aerobic exercise, caffeine reduction, relaxation skills, the support of friends, and therapy

**Types:** Panic disorder, generalized anxiety disorder, phobias, obsessive compulsive disorder, post traumatic stress disorder. Social anxiety, test anxiety
Performance Anxiety Symptoms

- Physical
  - Headache, rapid heartbeat, shortness of breath, nausea, diarrhea, sweating, feeling faint, panic attacks, light headedness, muscle tension, trembling, fatigue

- Emotional
  - Fear, anger, helplessness, crying, disappointment, irritability, shame, embarrassment, tension

- Behavioral
  - Withdrawal from others, increased substance use, avoidance, fidgeting, pacing, decreased quality of work, decreased motivation, increased interpersonal conflicts

- Cognitive
  - Difficulty concentrating, trouble recalling information, mind going blank, thinking negatively, comparing oneself to others, unrealistic expectations
What is the difference?

Anxiety
- **Negative** emotional state with feelings of worry, nervousness, and apprehension associated with activation or arousal of the body; symptoms exist REGARDLESS of situation
  - State Anxiety: moment to moment
  - Trait Anxiety: disposition that predisposes a person to perceive a wide range of objectively non-dangerous circumstances as threatening and to respond to these with disproportionate anxiety levels

Arousal
- **Blend of physical and psychological activation**, varying in intensity along a continuum
  - NOT always negative impact on performance
  - Individual Zone of Functioning
Zone of Optimal Performance

Performance

Strong

Weak

Increasing attention and interest

Optimal arousal
Optimal performance

Impaired performance because of strong anxiety

Arousal

Low

High
Causes of Performance Anxiety

- Fear of disappointing self or others
- Fear of failure
- Overstating the importance of the performance
- Setting unrealistic goals
- Procrastination
- Poor Preparation
- Negative thinking
Procrastination

• Is procrastination a bad thing?
• Can be seen as efficiency, but can lead to problems
• Periods of intense stress and fatigue
• Four general types of procrastination
  • Difficulties with self-regulation
  • Perfectionism
  • Difficulties with emotional control
  • A tendency to be rebellious
• Increase your awareness
Impact of COVID-19

- Studies show 71% of college students reported increased anxiety and stress due to COVID-19
- Multiple stressors identified:
How do we cope more effectively?

- Time-Management Strategies
- Goal Setting
- Stress-Management techniques
- Self-Management
- Self Affirmations
- Seek support from others
Time-Management Strategies

• Plan ahead and organize time
• Schedule each activity
  • Enter time blocks for things that are sure to happen
  • Enter time blocks for things that are likely to happen
  • Allocate time for rest and studying
• Make a to-do list each day with priorities
  • A= Must do
  • B= Should do
  • C= Would be nice to do
• Expect to have less time than you think
Goal Setting

S - Specific
M - Measurable
A - Attainable
R - Relevant
T - Time Based
Stress-Management Techniques

• Deep Belly Breathing
• Guided Imagery & Anchoring
• Meditation
• Stretching

• STOP
  • Stop, Take a breath, Observe, Proceed
Self-Management

• **Negative coping methods:**
  • Ignoring news about COVID-19, sleep longer, distract self with other tasks, drink/smoke

• **Positive coping methods:**
  • Adopt relaxing hobby
  • Physical exercise
  • Journaling
  • Listening to music
  • Playing with pets
  • Meditation and breathing exercises
  • Keeping routines
Positive Affirmations for Stress Relief

Positive affirmations can be powerful tools in transforming negative self-talk into motivational and affirming self-talk. Here are some affirmations you can use that are designed to reduce stress, increase feelings of personal power, and awaken your mind to possibilities for change, helping you live the life you feel you were meant to live.

CHALLENGES HELP ME GROW
I CAN SEE STRESSFUL SITUATIONS AS CHALLENGES
CHALLENGES BRING OPPORTUNITIES
I CAN CHOOSE A POSITIVE FRAME OF MIND
I CAN HANDLE WHATEVER COMES
TODAY HAS LIMITLESS POSSIBILITIES
I CAN FIND BALANCE IN MY LIFE
I CAN FIND LOVE AND SUPPORT
I CAN ACCOMPLISH ANYTHING
I CAN CREATE INNER PEACE
MY INTENTION IS FOR PEACE
I AM STRONG
PEACE IS POWER
THIS TOO SHALL PASS
MY INTENTIONS CREATE MY REALITY
STRESS IS LEAVING MY BODY
TODAY I CHOOSE JOY
I CAN MAKE HEALTHY CHOICES
I AM DOING MY BEST
I BREATHE IN PEACE
TODAY MY INTENTION IS FOR PEACE
I AM IN CHARGE OF MY LIFE
I HAVE MANY OPTIONS
I CAN CREATE POSITIVE CHANGE
I AM WISE
MY HAPPINESS COMES FROM WITHIN
I CAN START HEALTHY HABITS
EACH MOMENT BRINGS CHOICE
I CAN STAY CALM UNDER PRESSURE
I CHOOSE HAPPINESS
I CHOOSE HEALTHY RELATIONSHIPS
I CAN FIND MY HAPPY PLACE
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