Fundamentals of Stress Management

1. Take responsibility for your thoughts and actions.

2. Be on a mission: know why you are doing what you do, what character traits you want to possess and what you want to accomplish in the activity.

3. Make your daily actions consistent with your mission.

4. Engage in one thing at a time; confident and focused on each thing as you experience it.

5. Focus on the process of engaging in the activity rather than the outcomes of your participation.

6. Realize that you can’t control what happens around you but you can control your response to it, and that you must in control of yourself before you can control your performance.

7. Develop your mental skills so you constantly perform near the best of your ability and have “something to go to” when adversity strikes.

8. Practice what you are going to do in your pressure situations.

9. Learn each day.

10. Keep it simple and smart.