

## TOP TIP #6

### There is no harm in seeking support.

Stress is a natural part of being a human and can be associated with both positive and negative experiences. In general, stress itself is not usually the problem, but lack of adequate coping skills can be. When a person is not coping well, it can lead to lack of balance, impairments in physical health, strained social relationships, and decreased mental wellbeing. Parents play a significant role in teaching children and youth how to manage and cope with stress. Children and youth pick up behavioral patterns from parents – so best way to teach coping skills is to model them yourself.

#### HELPFUL DEFINITION:

**Coping** is defined as thoughts and behaviors used to manage external and internal demands that the individual finds stressful and more than they can manage. (Lazarus & Folkman, 1984)

When it comes to stress associated with sport and/or competition, parents can be helpful in assisting the athlete to “fix the fundamentals” – nutrition, hydration, sleep hygiene, and finding the balance between school, sport, other extracurriculars, and life in general. Parents can also be great listeners, but seldom in an ideal position to help with performance related stressors.

#### SCIENCE FACT:

For Mental Performance related concerns, it is recommended to seek help from a professional who is a Certified Mental Performance Consultant® (CMPC®) by the Association for Applied Sport Psychology. Certification as a CMPC® demonstrates that an individual has met the highest standards of professional practice in sport and performance psychology, is agreeing to adhere to ethical principles and standards, and is committed to ongoing professional development.

You can find CMPC® Certified Individuals in your area [here](#).

