

MVP Mindset: Tackling Performance Anxiety

1. Just Breathe

- Take slow, deep breaths before & during your games, practices & throughout the day.

2. Use Music

- Listen to slow piano music to help relax your body & conserve energy. Switch to a ramp-up playlist when it works for you.

3. Knowns & Controllables

- Write a list of what you know, what you can control & unknowns you've made known.

4. Head Where Your Feet Are

- Use your senses to focus on the present moment & bring your mind back to where you feet are.

5. Reframe Your Focus

- View your nerves as performance fuel. Your physical ramp-up is your body getting ready to perform at its best.



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