

Conversation Starters: For Youth Athletes Dealing with Pressure



What sports situations have made you feel pressure or stress?

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What does your body feel like when you're struggling with pressure or stress?

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What feelings do you have when there's a lot of pressure or stress?

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What do you find yourself thinking about before a big competition?

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Where do you think most of the pressure to perform comes from?

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How do you like to reduce stress?

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What sort of music do you listen to for relaxation?

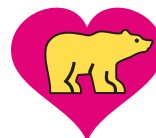
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What comforts you when you've made a mistake?

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What would you say to a teammate who has made a mistake during a competition?

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**Nicklaus
Children's
Hospital**

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How can I help you when you're feeling pressure?

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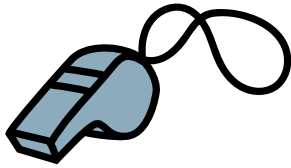
Is there good stress in your sport? How so?

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How do you help others on your team who are feeling pressure?


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Do you ever find yourself falling into bad habits to cope with pressure?

Like what?

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Who makes you feel better when you're stressed?

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