

## Coping with pressure

### **Coping with pressure is an experiential process**

- learning through trial and error,
- reflective practice,
- and coping outcomes (consistent performance, independence in coping, and persistence in coping).

### **Parents and coaches are instrumental in facilitating this learning process by:**

- creating a supportive context for learning (listening and monitoring their own reactions
- establishing trust and respect
- reading the athlete
- fostering independence).

### **Other ways parents and coaches can help athletes learn about coping include:**

- questioning and reminding
- providing perspective
- sharing experiences
- dosing stress experiences
- initiating informal conversations
- creating learning opportunities
- direct instruction.

**Deselection/Non selection** is a common issue/disappointment children/adolescent have to learn to cope with and parents can be instrumental in helping them learn coping strategies

Parents help athletes develop responsibility by initially providing emotional support to help buffer the effects of deselection but gradually shifter the responsibility to the athlete ...this is a very important part of the sporting parent expertise

Research indicates a parental response is to console first, communicate, use positive reframing, and engage a broader social network with a gradual shift of ownership and action by the young athletes (e.g., distraction, increased effort). This and 'communal coping' can lead to positive growth and with time the young athletes eventually take more personal responsibility for coping.

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