

## Week 56 Worksheet 2: Stress management techniques

The names of various stress management techniques and their definitions are given on the matching pairs cards below. Cut out the cards and place them on a table. Then match the definition to the named stress management technique by placing them next to each other on the table. There are ten sets of cards to match.

|                                                                                                 |                     |
|-------------------------------------------------------------------------------------------------|---------------------|
| Practising to develop a cognitive stress management technique                                   | Thought stopping    |
| Using a learned action as a cue to remove negative thoughts                                     | Visualisation       |
| Re-living the image of a successful performance completed in practice, during the game or event | Attentional control |
| Focusing on the correct stimuli from the environment                                            | Imagery             |
| Using a successful mental image of a past performance to control emotions                       | Mental practice     |

# Stress Management Teaching Package

**R Barnett**



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Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Stories of Fearlessness: **Stress Management Teaching Package** . In a downloadable PDF format ( Download in PDF: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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