

Respond, Relax, Refocus**How to Implement**

1. **Identify Hot Buttons:** List all things that create negative and intense feelings in competition.
 - Discuss general life annoyances.
 - Narrow down to sport-related triggers.
 - Pinpoint specific competition triggers.

2. **Respond:** Select a small, positive action to take when feeling triggered.
 - **Physical Movement:**
 1. Shake out their hands to release tension.
 2. Perform a quick jump or two to reset focus.
 3. Stretch their neck or shoulders.
 4. Squeeze their ear.
 5. Bounce up and down.
 6. Walk to the edge of the competition zone and drink water.

 - **Object Interaction:**
 1. Tap their leg or foot rhythmically.
 2. Roll a small object, like a stress ball, in their hand.
 3. Adjust or tighten their gear (e.g., retie shoelaces or fix their helmet).

 - **Sensory Actions:**
 1. Snap a rubber band on their wrist.
 2. Clap their hands lightly.
 3. Rub their fingers together.

 - **Environmental Interaction:**
 1. Walk over to a designated spot and touch it.
 2. Wipe their face with a towel.
 3. Splash water on their face (if applicable and practical).

- **Verbal Actions:**
 1. Whisper a positive phrase, such as "I've got this."
 2. Count backwards from 10 silently.
 3. Hum a few notes of a calming tune.

- **Mindful Movements:**
 1. Perform a short, mindful body scan starting from their toes and moving upwards.
 2. Gently tap each finger to their thumb sequentially.
 3. Trace an imaginary figure-eight with their hand or foot.

- 3. **Relax:** Perform colourful breathing or another relaxation technique.
 - Perform one round of colourful breathing (takes 12 seconds).
 - Example: Breathe in for 4 counts, hold for 2, breathe out for 6 counts.

- 4. **Refocus:** Employ a cue word or instructional self-talk to regain focus.
 - Use a cue word or instructional self-talk to get back on task.
 - Examples:
 - Cue word: "Calm."
 - Self-talk: "Focus on my form."