



# Stress Management Starter Resource

**Both exams and sporting competition can produce high levels of stress.**



**Exam Stress**



**Competition Stress**



**There are four stress management techniques shown below. Conduct your own research into how each strategy works before explaining how each strategy can be used prior to both sporting performance and exams.**

**Positive Self-Talk**

**Visualisation**

**Deep Breathing**

**Thought Stopping**

**You have two minutes left before entering the exam hall. Which stress management technique will you use and why?**

**You are 3 weeks away from your biggest match/event of the season. Which stress management technique do you use and why?**