Chapter 12: Arousal Regulation

Self-Awareness of Anxiety
Competitive Reflections Exercise
Anxiety Reduction Techniques
Relaxation Exercise
On-Site Relaxation Tips
Signs of Underarousal
Arousal-Inducing Techniques

Self-Awareness of Arousal
You must increase your awareness of your psychological states before you can control your thoughts and feelings.

Once you are aware of your optimal arousal you can employ arousal regulation (reduction, maintenance, induction) strategies.

How individuals cope with anxiety is more important than how much anxiety they experience.

Anxiety Reduction Techniques

Somatic Anxiety-Reduction Techniques
1. Progressive Muscle Relaxation
People learn to feel tension in their muscles and then to let go of this tension.
2. Breath Control
Learn to control your breathing in stressful situations.
When Calm: Breathing is smooth, deep & rhythmical
When Tense: Breathing is short, shallow, & irregular
3. Biofeedback
Helps people become more aware of their autonomic nervous system reactions and in so doing gain control of these responses.

Cognitive Anxiety-Reduction Techniques
1. Relaxation Response (Mental Relaxation) Teaches you to quiet the mind, concentrate, and reduce muscle tension by focusing attention on a mental device or thought.
2. Autogenic Training
A series of exercises designed to produce two physical sensations: warmth & heaviness.

Multimodal Anxiety-Reduction Packages
1. Cognitive-Affective Stress Management Training (SMT)
Teaches a person specific integrated coping responses using relaxation & cognitive components to control arousal.
2. Stress-Inoculation Training (SIT)
SIT is similar to SMT. SIT teaches skills for coping with psychological stressors and for enhancing performance by developing productive thoughts, mental images, and self-statements

Matching Hypothesis
A cognitive relaxation technique was more effective than a somatic one in reducing cognitive...
anxiety whereas a somatic relaxation technique was more effective than a cognitive one in reducing somatic anxiety.

**On-Site Relaxation Tips**
Smile when you feel tension coming on
Have fun, enjoy the situation
Practice simulated pressure situations
Slow down, take your time
Stay focused on the present
Come prepared with a good game plan

**Signs of Underarousal**
Moving slowly/not getting set
Mind wandering-easily distracted
Lack of concern about how one will perform
Lack of anticipation-enthusiasm
Heavy feelings in legs, no bounce

**Arousal Inducing Techniques**
Increase breathing rate
Act energized
Use mood words / positive statements
Listen to music
Use energizing imagery
Complete a precompetitive workout

**Define key terms and answer review questions**