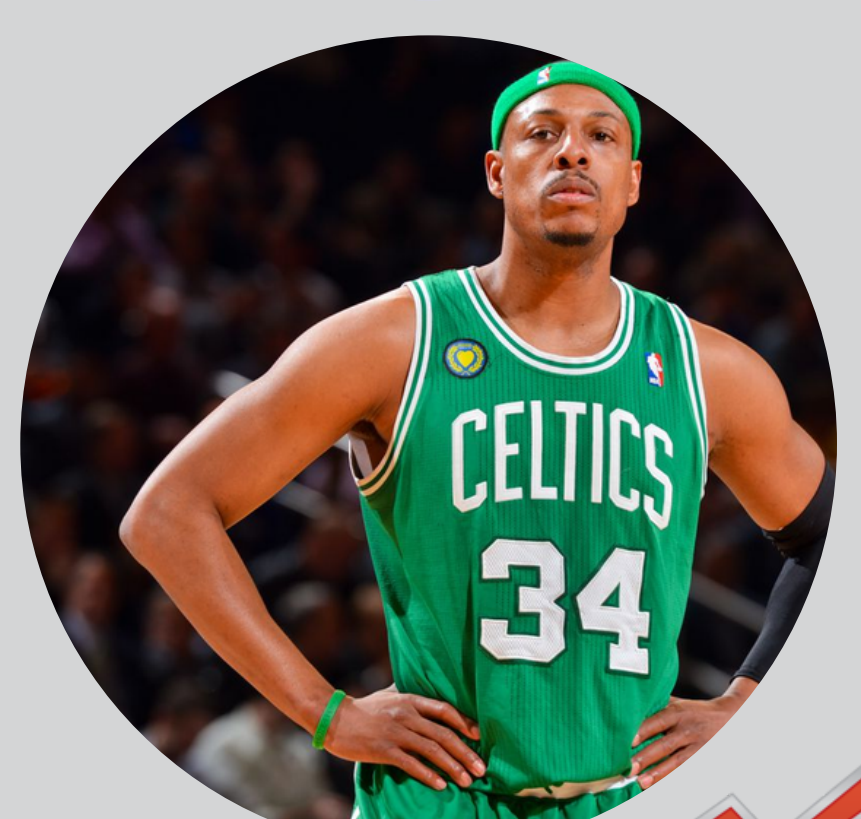


THE INTERSECTION OF MENTAL HEALTH & PERFORMANCE



MATT MIKESELL, PHD, LP, CMPC
SPORT PSYCHOLOGIST
PREMIER SPORT PSYCHOLOGY



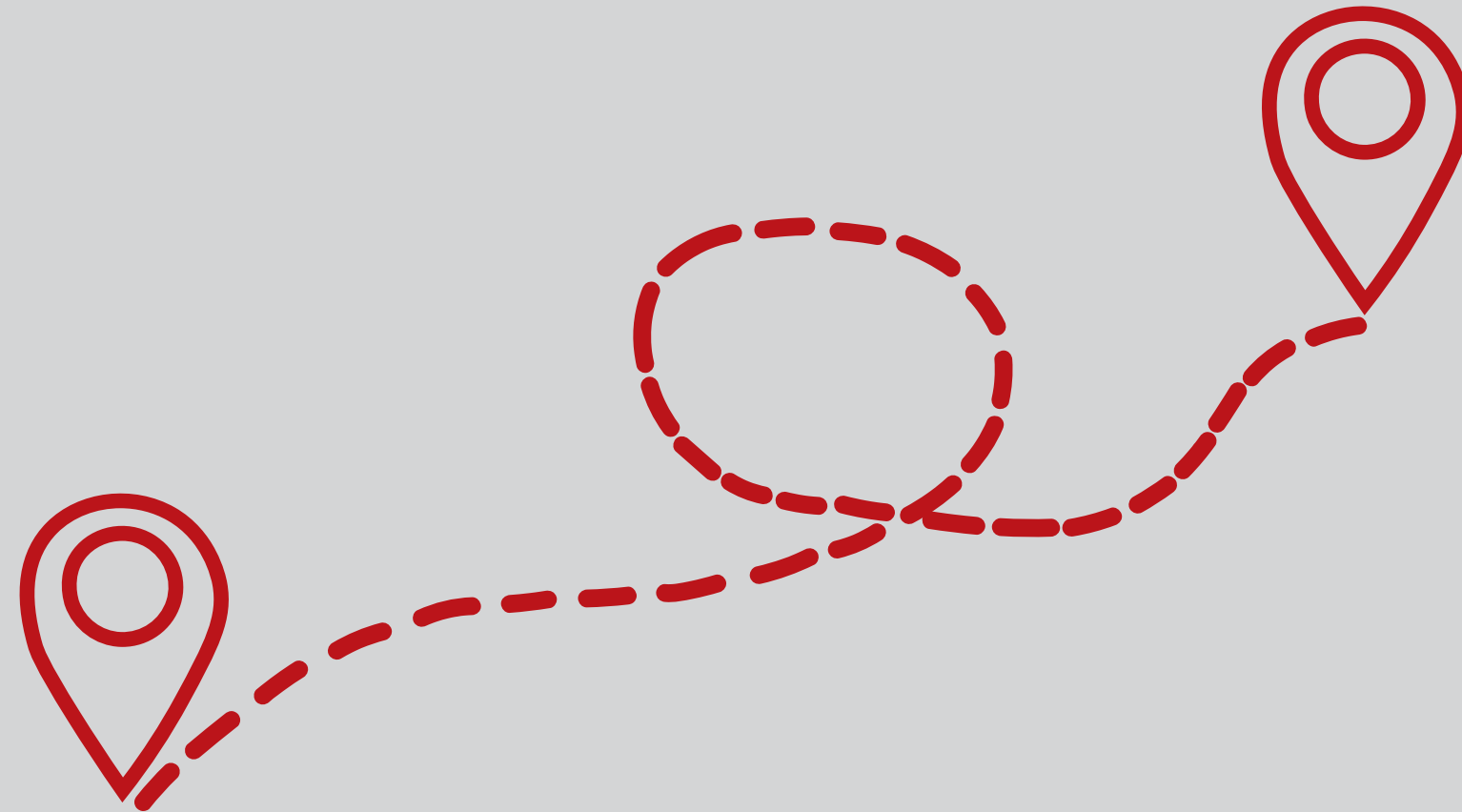




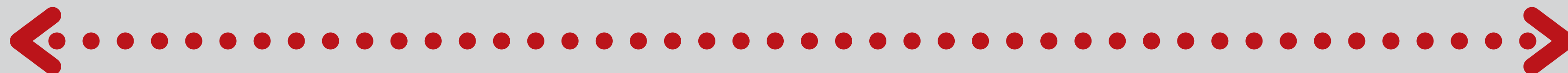
How?

What?

A TALE OF TWO ATHLETES



THE MIND-BODY CONNECTION



SURVIVING

Everyone has setbacks and life stressors. And, sometimes these things can take us off our game. (A mindset in this space might be experiencing grief, anxiety, depression, significant transitions, relationship issues, and more.)



MAINTAINING

This is where the "average" player's mindset will typically function. There's nothing wrong with being in this space, but staying here likely won't bring out your best and may not help you to continue to improve your performance and be the best that you can.



THRIVING

The best players use a growth mindset perspective to enhance their training - both for their physical and mental development. These athletes learn and apply the best performance mindset tools such as focus, confidence, being clutch, imagery, mindfulness and more.

ABOUT PREMIER

- Individual Sessions
- Team Sessions
- Leadership training
- Executive Coaching
- Mental Health Support
- Workshops & Keynote Speeches
- ADHD testing
- Assessment
- Athletes
- Parents
- Coaches
- Teams // clubs
- Organizations
- Business



What % of people
struggle with
mental health?

LET'S TALK
ABOUT
MENTAL
HEALTH

What % of people
struggle with
mental health?

1 out of every 4/5

LET'S TALK
ABOUT
MENTAL
HEALTH

What % of people
struggle with
mental health?

1 out of every 4/5

5/5 have mental health

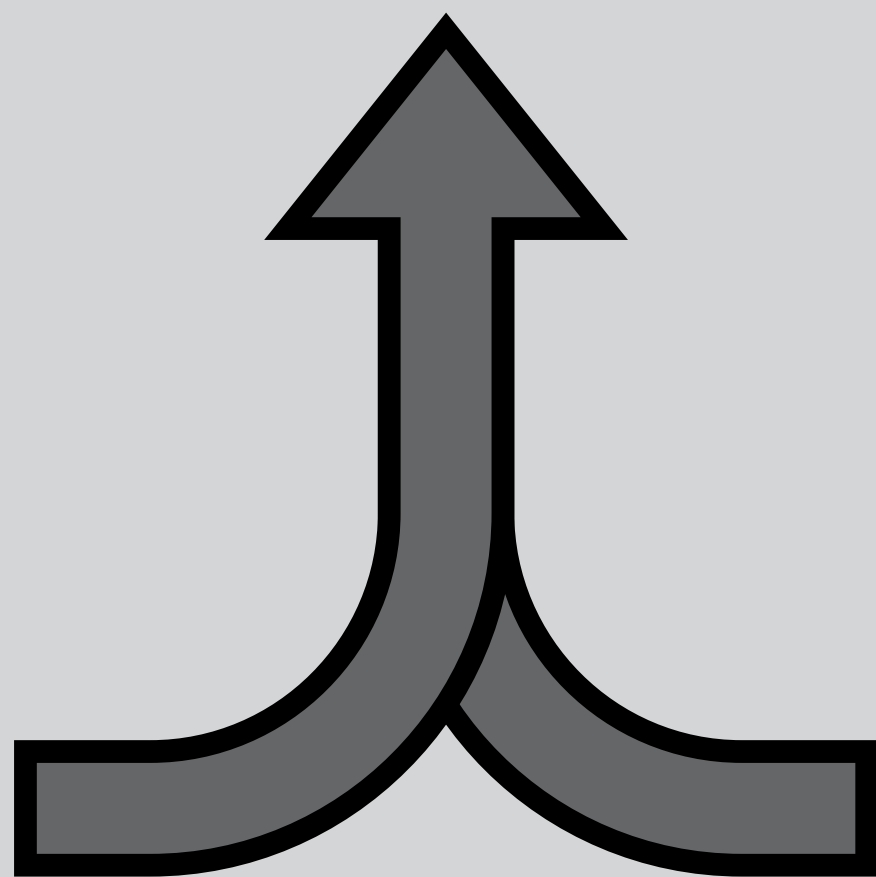
LET'S TALK
ABOUT
MENTAL
HEALTH

PHYSICAL HEALTH
 RELATIONSHIPS
 SOCIAL WELL-BEING
 EMOTIONS & FEELINGS
 MENTAL HEALTH DISORDER
 SELF IMAGE
 IDENTITY
 FAMILY HISTORY
 BRAIN CHEMISTRY
 COPING SKILLS
 SUBSTANCE USE
 COMM. AND CULTURE
 ENVIRONMENT

THE MENTAL HEALTH CONTINUUM



THE INTERSECTION OF MENTAL HEALTH & PERFORMANCE



THE MINDSET ASSESSMENT

Mental Skills



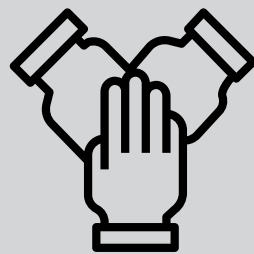
Growth Mindset



Health
Habits



Team Support



Self-Reflection

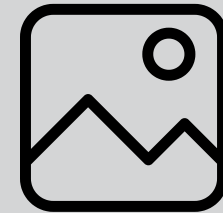


MINDSET ASSESSMENT



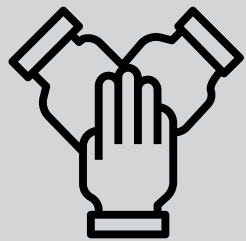
Growth Mindset

An athlete's ability to be kind and understanding toward oneself when faced with difficulties, and to embrace challenges.



Mental Skills

Skills such as goal setting, mental preparation before competition, and the use of mindfulness, imagery, and present-moment focus.



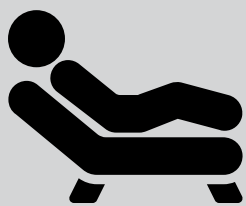
Team Support

The strength of relationships with teammates and coaches, as well as whether the athlete feels as though they have a voice on their team.



Health Habits

Getting high quality sleep and nutrition, following injury prevention guidelines, and getting ample amounts of rest & recovery.



Self-Reflection

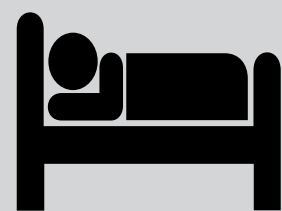
the use of self-reflection, mental health resources, and openness to speaking about mental and physical health with others.

MA: YOUTH



Sport Psychology Skills

Dealing with pressure, embracing challenges, letting go of things outside of their control, goal setting, and celebrating signs of progress



Overall Wellness

Sleep quality and quantity, filtering social media from bad influences, having a good balance between life & sport, and eating well



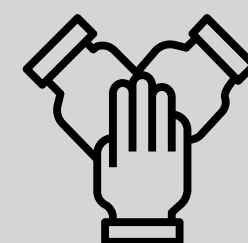
Team Culture

Feeling supported by coaches and teammates, being provided a safe space to fail, being on a team that focuses on more than wins and losses



Life Skills

Giving and receiving feedback, being open to new ideas, dealing with uncomfortable situations, coming back after failure, and maintaining a positive mindset



Social Support

Having strong and meaningful connections with teams and communities, feeling like others care about their well-being, and feeling like they can be themselves and will be valued because of it

HOW IMPORTANT IS EACH CLUSTER FOR MENTAL HEALTH VERSUS PERFORMANCE?



GROWTH MINDSET

- Don't expect perfection
- Separate your self-worth from the outcome of competitions
- Be willing to fail
- Shift your mindset when needed Focus on the things you can control

How do you typically react to a mistake? How does your reaction hurt or help you?

PERFORMANCE MINDSET

- Set goals that are personally meaningful
- Mentally prepare for adversity
- Use strategies to increase motivation when needed
- Practice being in the present moment

How do you mentally prepare yourself for adversity?

TEAM SUPPORT

- Care about the wellbeing of teammates
- Encourage one another to have a voice on your team
- Feel valued by coaches
- Talk to coaches about what's going well and what isn't

What are the characteristics of team environments that have helped you thrive as an athlete?
How did you contribute to that team environment?

HEALTH HABITS

- Get the amount of sleep needed to promote health & recovery
- Fuel your body with nutrients to promote health & recovery
- Take care of physical wellbeing during intense training periods
- Follow guidelines to prevent injury, plateaus, and burnout.

What practices do you currently follow for injury and burnout prevention? What could you reasonably add to your regimen?

SELF-REFLECTION

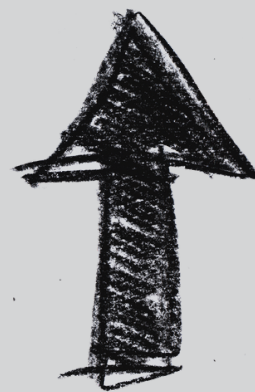
- Use resources around you such as counseling or sport psychology
- Reflect on incidents of prejudice, or bias in sport
- Understand how past experiences affect you
- Talk openly with others about your mental & physical health

What are your personal red flags that appear when stressed? Is your way of managing stress effective?

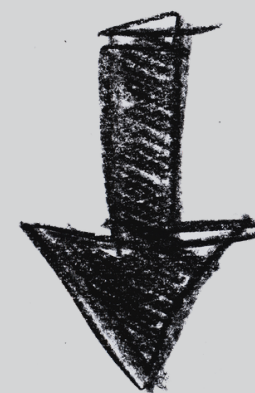
WHY IS THIS IMPORTANT?



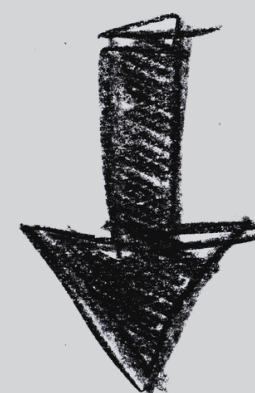
Mindset Assessment
Scores mean...



Self-Care



Athlete Burnout



Psychological
Distress

TAKE HOME POINTS

**Remember: The whole
is greater than the
sum of its parts.**

**Your mind
is a muscle**

With training and hard work, you can train your brain just as you squat, deadlift, or strike the ball

**Support
matters**

You wouldn't break your arm and not go to the doctor, so let's not mentally struggle alone.

Start now

You don't have to be at rock bottom to start.



THE MINDSET ASSESSMENT

ASSESSMENT REPORT & TRAINING GUIDE

Premier Sport Psychology,
Research and Development Division

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JOHN SCHATZ

Level: Asthma
Date: 12/25/22

SUMMARY REPORT

Growth Mindset



Performance Mindset



Team Support



Physical Wellness



Mental Wellness



HOW TO READ THIS REPORT

Your scores represent your percentiles in each of the categories above. This means that if you scored in the 10th percentile, 10% of the athletes at your level received your score or below and 90% reported scores higher than yours.

No score is indicative of your physical abilities or implies that you are a "good" or a "bad" athlete. This report is simply designed to encourage the development of your mental skills throughout your athletic endeavors.

M.A. - 18+



CHECK
IT
OUT

M.A. - 10-17





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