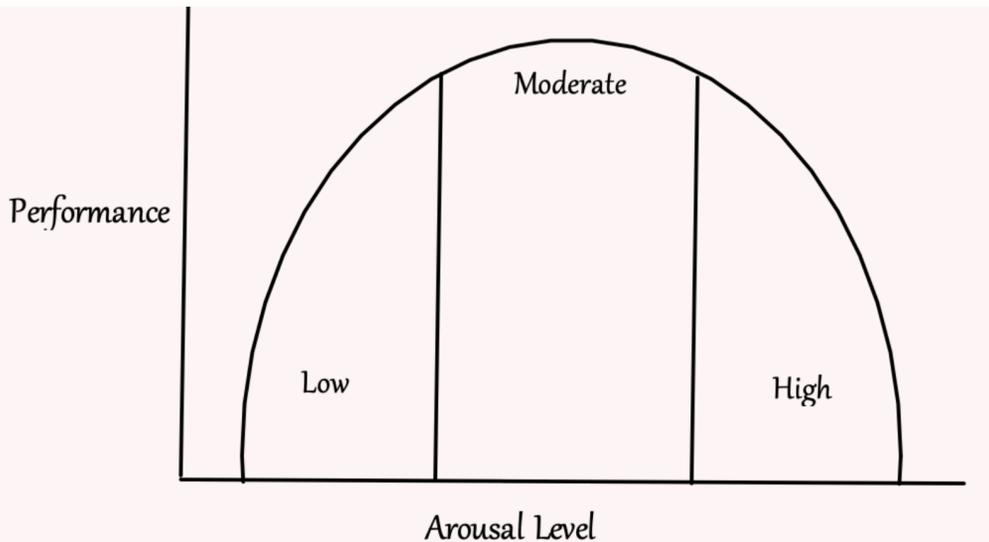


Get in YOUR Zone

How to find your Zone of Optimal Functioning



Arousal level:

Physical and psychological activation levels ideal for performance
Can range from low (mind wandering) to moderate (in the zone) to high (heart racing)

Every athlete has their own optimal level of arousal to achieve peak performance; they do not always follow the same pattern.

Arousal levels can be caused by thoughts, emotions, and anxiety; both positive and negative

Arousal levels can be regulated through strategies designed to either increase or decrease

Optimal arousal levels may differ across sports, or even positions in the same sport.

A rugby player may need a high level of arousal for aggression.

A soccer midfielder may need a moderate level of arousal for composure.

A soccer goalie may need a low level of arousal to stay calm and focused.

Arousal Regulation Strategies

Decrease

Take a deep breath;
Meditate/listen to calming music;
Visualize yourself calm in performance;
Tense and relax each muscle at a time

Stay the same

Recognize your breath, keep it consistent;
Be mindful of how you are feeling;
Smile and enjoy your optimal zone of functioning

Increase

Listen to fast-paced music;
Visualize yourself performing well;
Complete physical warm-up exercises

Think about your best and worst performances

How was your arousal level for the best?

Do you want to increase, decrease, or maintain your arousal level? Why?

Think of three strategies that you could use to achieve your optimal zone of functioning.

How was your arousal level for the worst?

Do you want to increase, decrease, or maintain your arousal level? Why?

Think of three strategies that you could use to achieve your optimal zone of functioning.



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