

**Website menu- Tools to perform
Performance indicators-anxiety management**

Performance Indicators – ANXIETY MANAGEMENT

Competition can cause anxiety reaction so accept it as a natural thing in competition

Anxiety is helpful too to realign you to the task, the objective

Anxiety management can come in the form of tuning out, listening to the sounds around you, enjoy a bit of levity (laugh)

See anxiety as a challenge to overcome, contend with

Don't try controlling anxiety, just don't let it (anxiety) control you

Lachlan Tighe, 2015.