



Frases para romper el hielo:

Para atletas jóvenes que enfrentan presión


What sports situations have made you feel pressure or stress?

ON OUR SLEEVES[®]
The Movement for Children's Mental Health



What does your body feel like when you're struggling with pressure or stress?

ON OUR SLEEVES[®]
The Movement for Children's Mental Health




What feelings do you have when there's a lot of pressure or stress?

ON OUR SLEEVES[®]
The Movement for Children's Mental Health



What do you find yourself thinking about before a big competition?

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The Movement for Children's Mental Health




Where do you think most of the pressure to perform comes from?

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The Movement for Children's Mental Health




How do you like to reduce stress?

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The Movement for Children's Mental Health




What sort of music do you listen to for relaxation?

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The Movement for Children's Mental Health



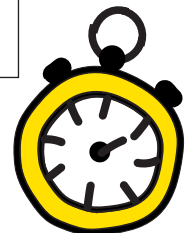
What comforts you when you've made a mistake?

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The Movement for Children's Mental Health



What would you say to a teammate who has made a mistake during a competition?

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**The
ON OUR SLEEVES[®]
Movement**
For Children's Mental Health

Wolfson

Children's Hospital

Frases para romper el hielo: Para atletas jóvenes que enfrentan presión (continuación)




¿Cómo puedo ayudarte cuando te sientes presionado?

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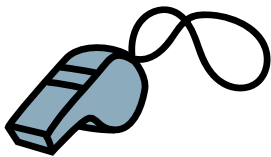
¿Existe el estrés bueno en tu deporte? ¿Cómo es eso?

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¿Cómo ayudas a otros miembros de tu equipo que se sienten presionados?

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The Movement for Children's Mental Health



¿Alguna vez has caído en malos hábitos para sobrellevar la presión?

¿Cómo qué?

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The Movement for Children's Mental Health



¿Quién te hace sentir mejor cuando estás estresado?

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The Movement for Children's Mental Health

