

HOW TO STOP OVERTHINKING



WHAT IS OVERTHINKING?

Overthinking is getting stuck dwelling on the same thought/s without taking action. During competition, this can be a frustrating position to find ourselves in.

At training, we practice performing various skills, techniques and approaches as close to perfect as we can, so that in competition, these skills can be executed automatically. If we start to think about small aspects of skills we normally practice in training, or dwell on a minor mistake made in competition, we can get stuck in an unhelpful loop of overthinking. The good news is, there are ways to get out of this!

"perfection is the enemy of action"

HOW TO STOP OVERTHINKING.

Firstly, overthinking amongst athletes is extremely common so you're not alone! As athletes, you want to be at your best all the time; striving for training, competing, recovering, and everything in between to be done at 100%. This is not realistic. There's an old saying... *"perfection is the enemy of action"*.

This is step 1 to help you with your overthinking. The skill you're performing in competition doesn't need to be 100% perfect, it just needs to be done! Leave the striving for 100% to training. **Competition is for execution and action.** 80% of something is better than 100% of nothing.

ACCEPT & RESET.

A useful mental model to adapt in both training and competition is the AR model. ACCEPT and RESET. Competition is not the time to figure out what went wrong, we can deal with it after competition. Now we need to trust the hours of training we put in and do what we do best... COMPETE!

ACCEPT the fact that whatever has just happened (mistake, missed pass/shot, slow reaction etc.) is now in the past. Take a deep breath in, now forcibly exhale the frustration you feel and imagine pressing a big green button that says **RESET** on it. To take this step further, as you exhale, count yourself back into action saying "5, 4, 3, 2, 1, "LET'S GO", "BACK IN", "GET TO IT", "RETURN TO BATTLE", "GO TIME!"