



# Effectively Managing Pressure & Anxiety

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**SUNY  
ONEONTA**





## Anxiety is on the rise

High expectations

Pressure to succeed

Social media

No coping skills

Nearly  
***1 in 3***  
of ***ALL***  
adolescents ages  
***13 to 18***  
will experience an  
***ANXIETY***  
***DISORDER.***

(2012)



**STRESS  
IS BAD!**

**It is impossible to try and avoid stress.**

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# Pre Pre Warm-up



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**Stress is  
harmful**

**except  
when it's  
not.**

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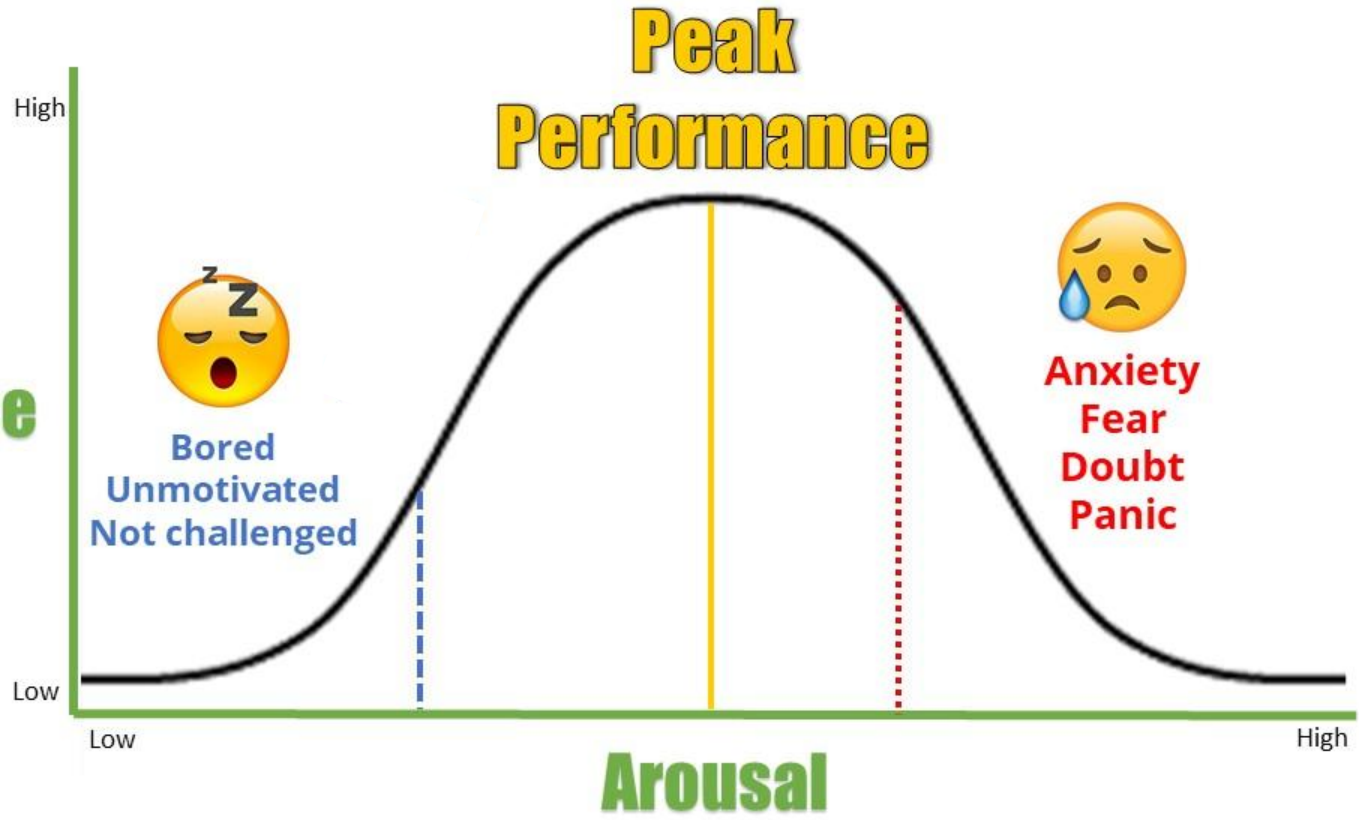
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**Stress is  
harmful**

**except  
when it  
helps you  
perform.**

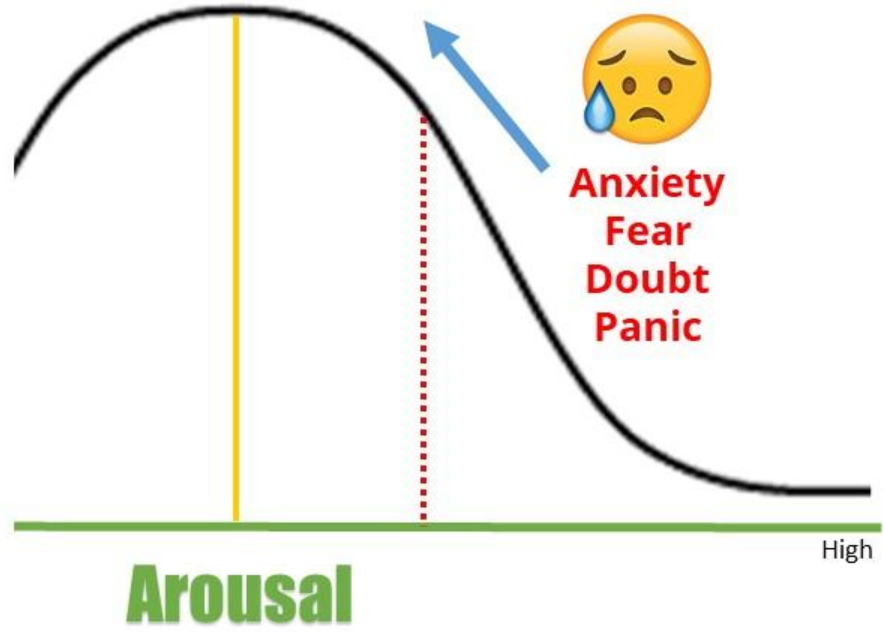
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**Performance**





# Peak Performance

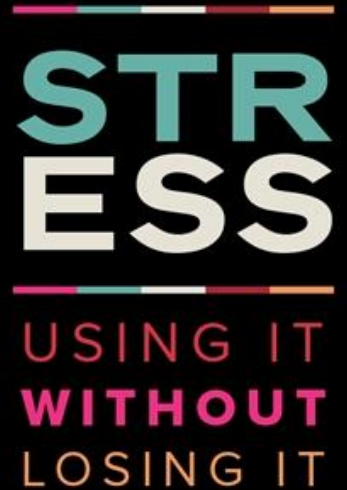


# Embrace it!

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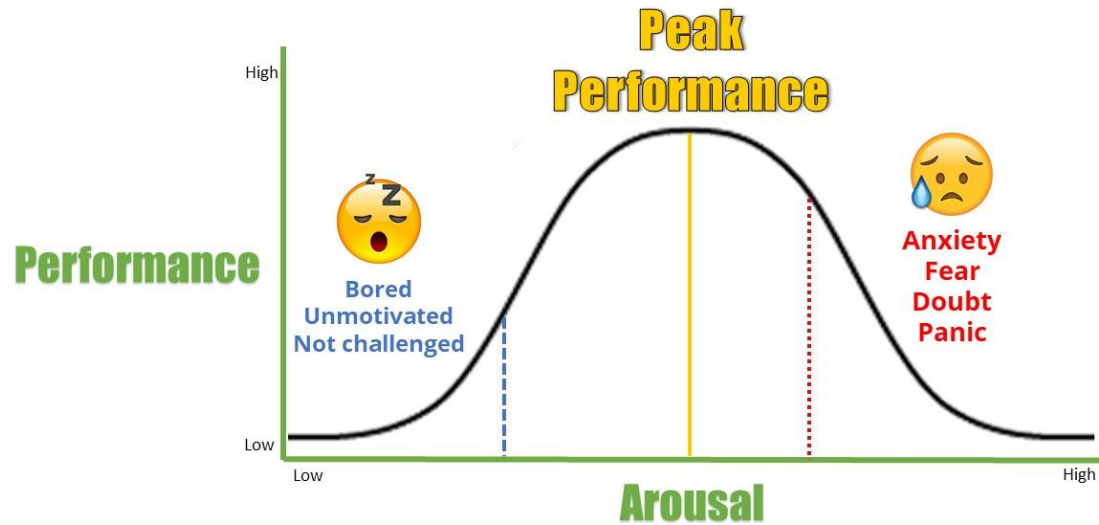
# 4 Ways to embrace anxiety

A graphic with a black background. At the top, a horizontal bar is divided into four colored segments: pink, teal, white, and orange. Below this bar, the word "STRESS" is written in large, bold, sans-serif capital letters. "STR" is in teal, and "ESS" is in white. Below the word "STRESS", another horizontal bar with the same four colored segments is shown. Underneath this bar, the words "USING IT", "WITHOUT", and "LOSING IT" are stacked vertically in a smaller, sans-serif font. "USING IT" and "LOSING IT" are in orange, while "WITHOUT" is in pink.

STRESS

USING IT  
WITHOUT  
LOSING IT

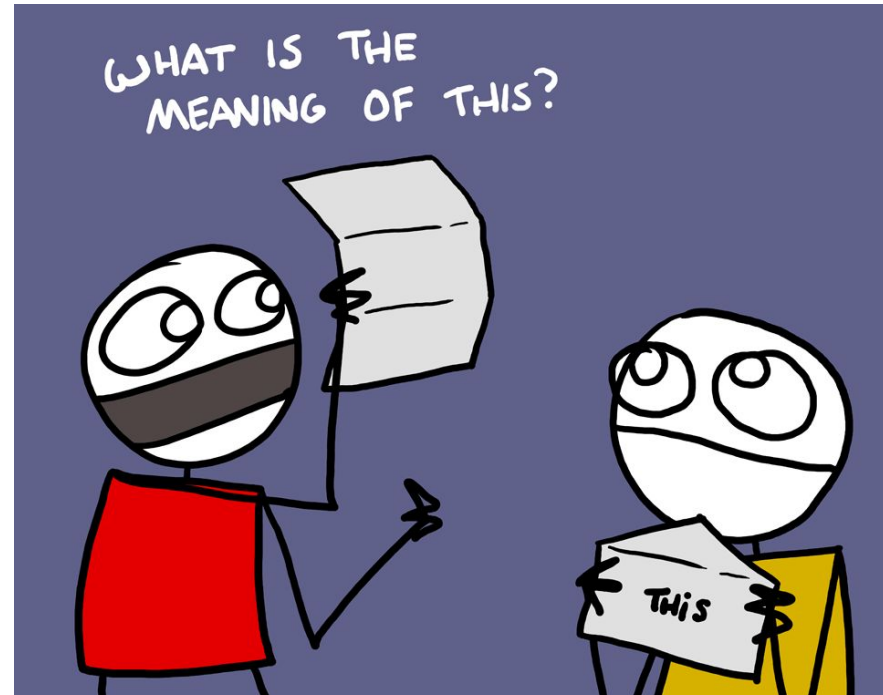
# 1. View it as helpful



## 2. Identify the meaning

**Stress = I care**

- What is at stake?
- Why does it matter?





### 3. Rethink the signs





**UNDER  
PRESSURE**

Heart pounding



**Muscles and brain  
getting more fuel**

Muscle tension



**More access to  
strength**

Breath increasing



**Body is getting  
more energy**



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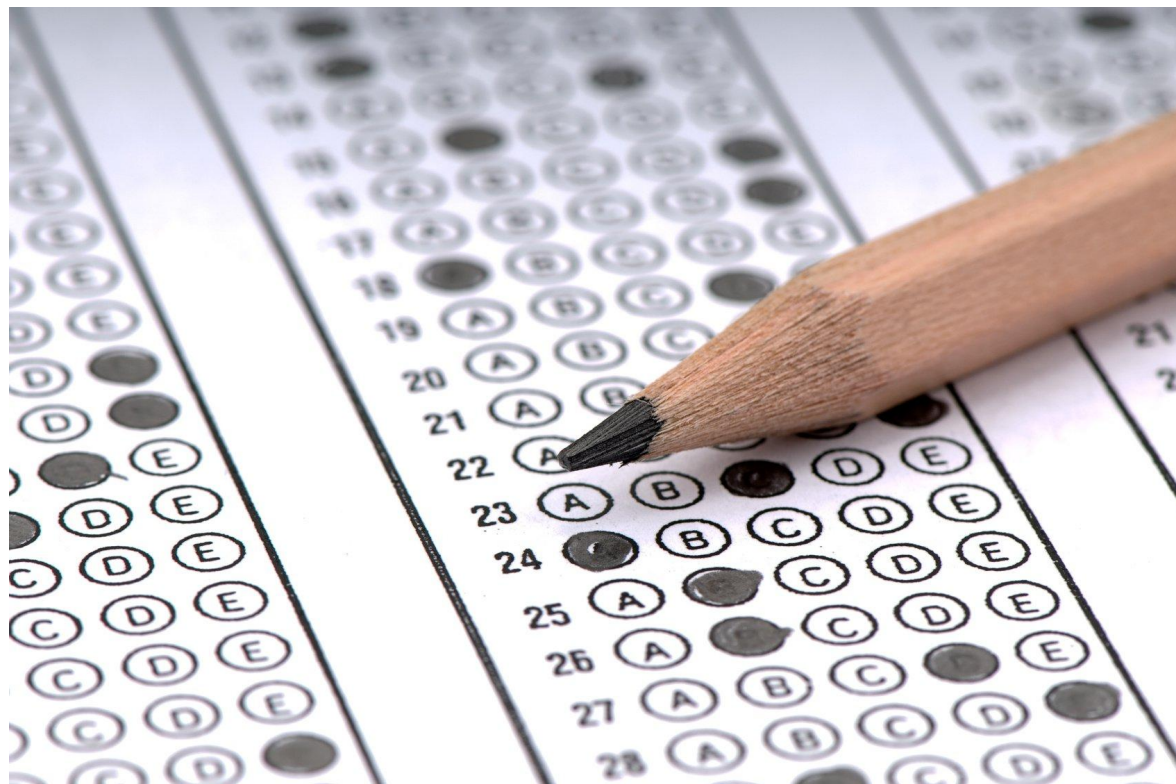
**This is my body  
helping me rise to  
this challenge.**

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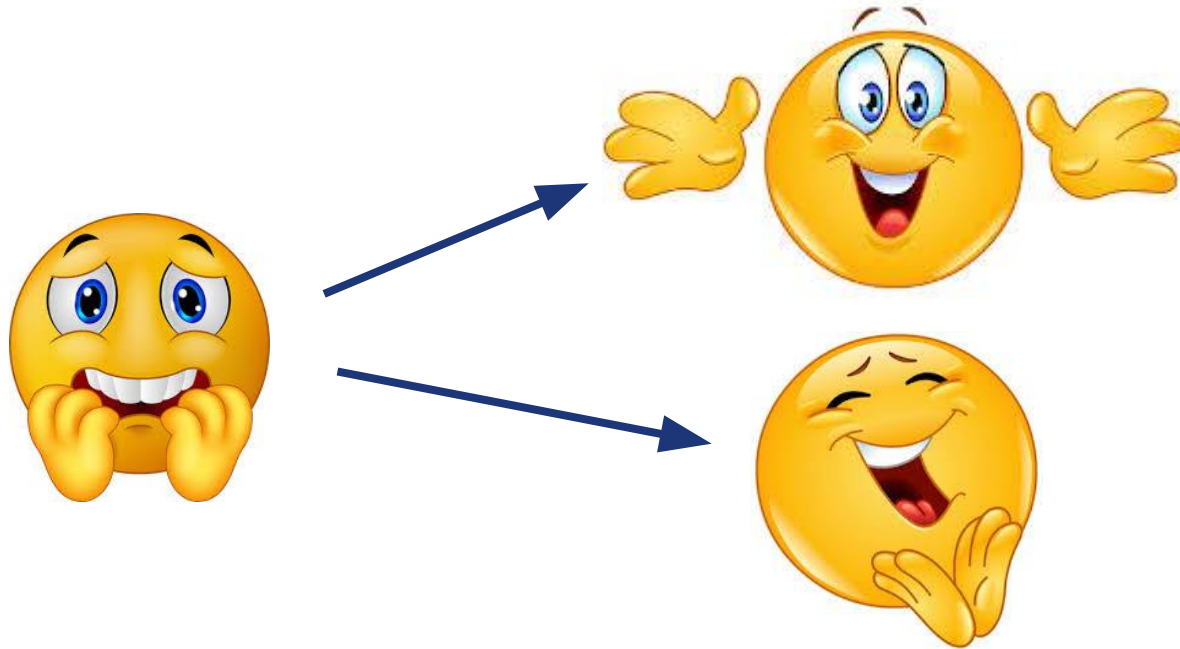


## How the stress response helps you

- Focuses attention
- Heightens senses
- Mobilizes and provides energy
- Increases motivation



## Turn nerves into excitement





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**My nerves are proof  
that I'm getting  
ready to excel.**

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## #4 Focus on your resources

**Demand**

**Resources**



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How hard is this going to be?

Do I have the skills, strength and courage?

Is there anyone who could help me?

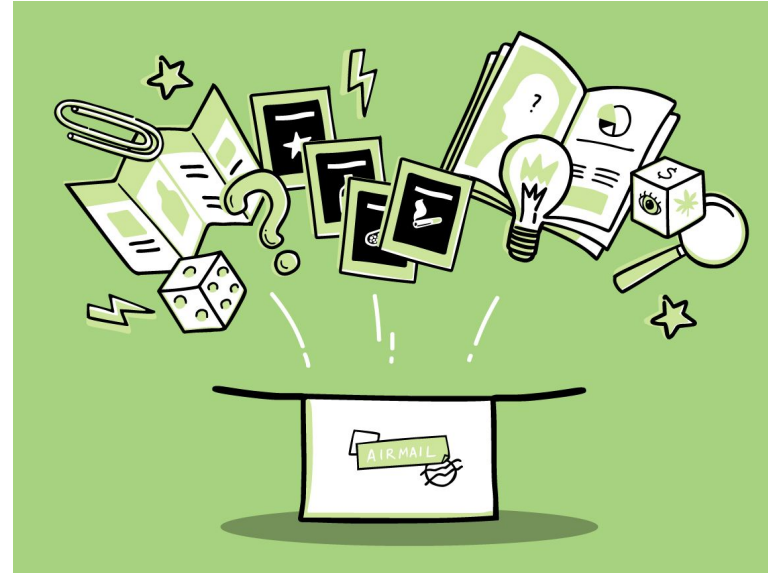


# Anxiety



## Focus on your resources

- Personal strengths
- Preparation
- Remember overcoming similar challenges



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# Embrace anxiety

- View it as helpful
- Identify the meaning
- Rethink the signs
- Focus on your resources



# Embrace your sticky notes.

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# Questions?



**Andrea Fallon-Korb**

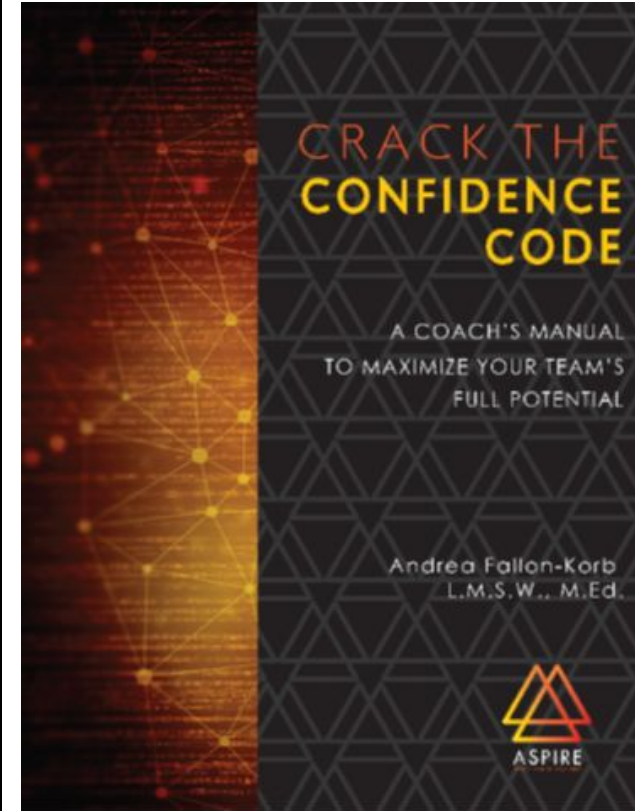
AspirePerformanceCoaching.com

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# Online Mental Toughness Trainings



# Coaches Manual



[AspirePerformanceCoaching.com/resources](https://AspirePerformanceCoaching.com/resources)