

# Conversation Starters: For Youth Athletes Dealing with Pressure



What sports situations have made you feel pressure or stress?

**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health

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

**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health

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

**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health

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

**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health

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

**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health

How do you like to reduce stress?

**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health

What sort of music do you listen to for relaxation?

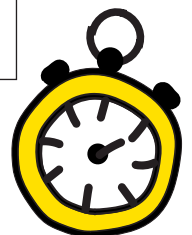
**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health

What comforts you when you've made a mistake?

**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health

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

**ON OUR SLEEVES<sup>®</sup>**  
The Movement for Children's Mental Health



# Conversation Starters: For Youth Athletes Dealing with Pressure (cont'd)




How can I help you when you're feeling pressure?

**ON OUR SLEEVES**  
The Movement for Children's Mental Health



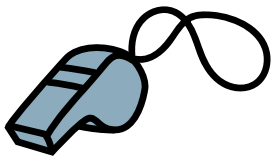
Is there good stress in your sport? How so?

**ON OUR SLEEVES**  
The Movement for Children's Mental Health



How do you help others on your team who are feeling pressure?


**ON OUR SLEEVES**  
The Movement for Children's Mental Health



Do you ever find yourself falling into bad habits to cope with pressure?

Like what?

**ON OUR SLEEVES**  
The Movement for Children's Mental Health



Who makes you feel better when you're stressed?

**ON OUR SLEEVES**  
The Movement for Children's Mental Health

