

# FEPSAC CONGRESS 2024

PERFORMANCE UNDER PRESSURE IN SPORTS, MILITARY/POLICE,  
PERFORMING ARTS, MEDICINE, BUSINESS AND DAILY LIFE



**15/07 - 19/07/24**  
**CONGRESS**  
**INNSBRUCK**  
[WWW.FEPSAC2024.EU](http://WWW.FEPSAC2024.EU)

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# FEPSAC CONGRESS 2024

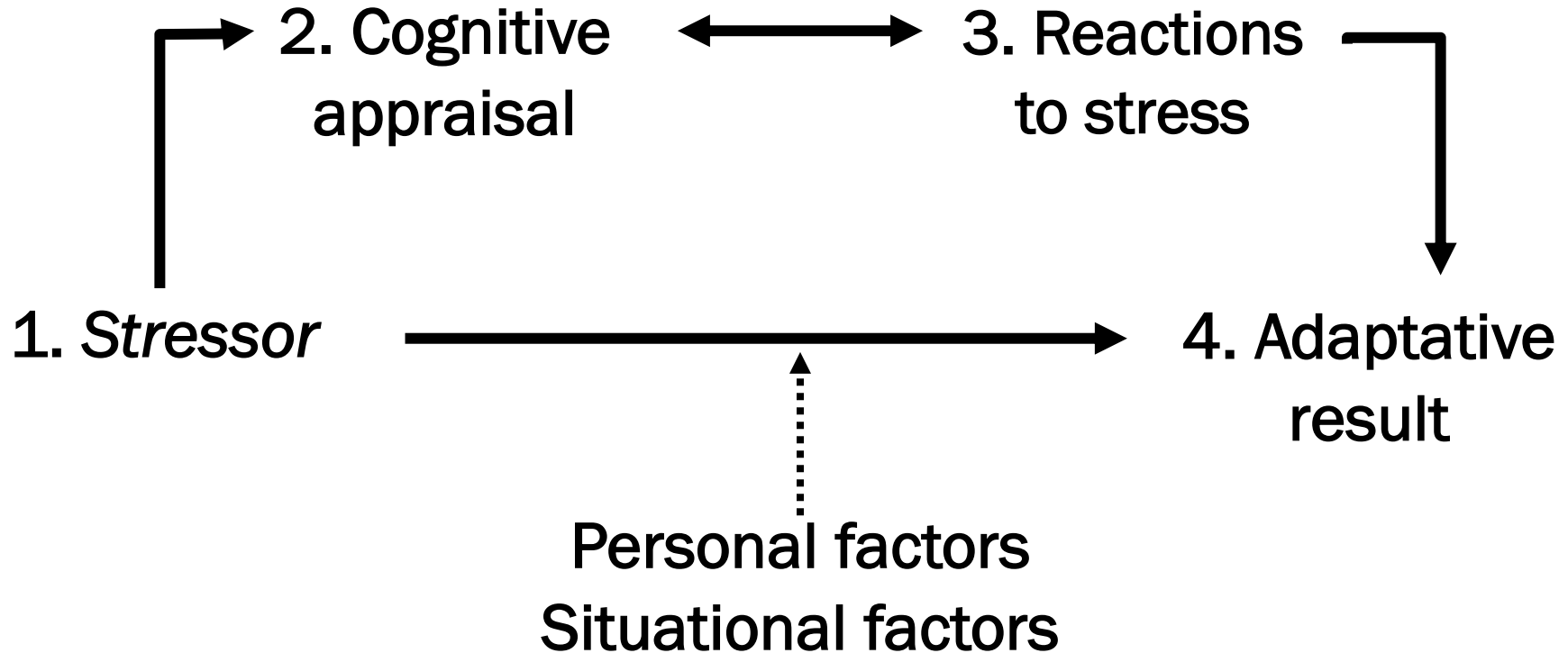


## From A to B to C – stress and performing under pressure

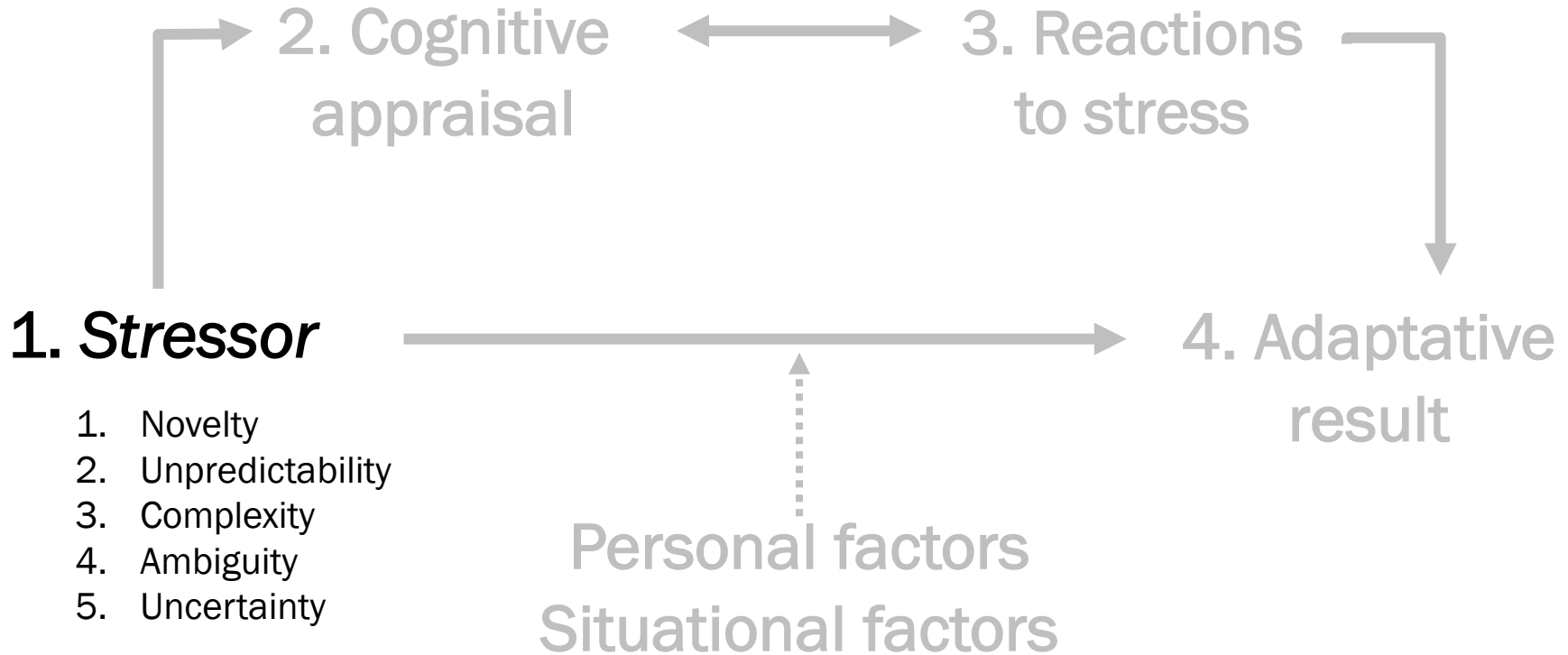
Dr Paul Mansell  
Dr Nanaki Chadha  
Dr Andrew Wilkinson  
Dr Liliana Fontes  
Dr Katie Sparks

# Interactive Model of Adaptation to Stress

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2024



# Interactive Model of Adaptation to Stress



# Stress management plan

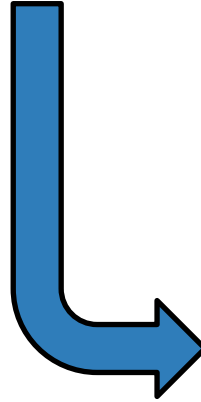
Can it decrease my ability to cope with and manage the stressor?

How can I improve?



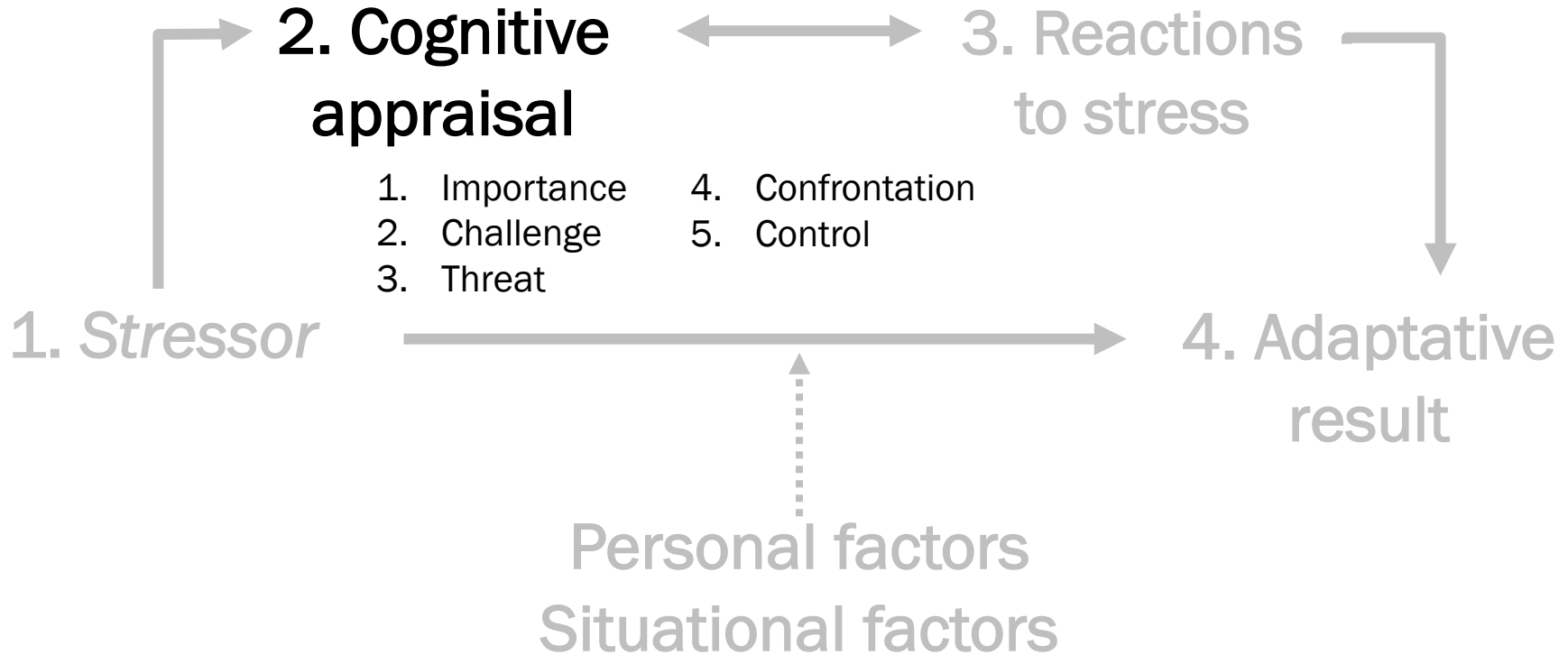
Stressors

1. Novelty
2. Unpredictability
3. Complexity
4. Ambiguity
5. Uncertainty



- Repeat successful past strategies
- Have plan A, B, C...
- Start simple
- Ask for clarification
- Set your own goals

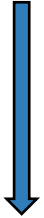
# Interactive Model of Adaptation to Stress



# Stress management plan



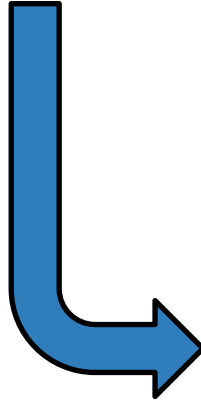
Can it decrease my ability to cope with and manage the stressor?



Cognitive  
appraisal

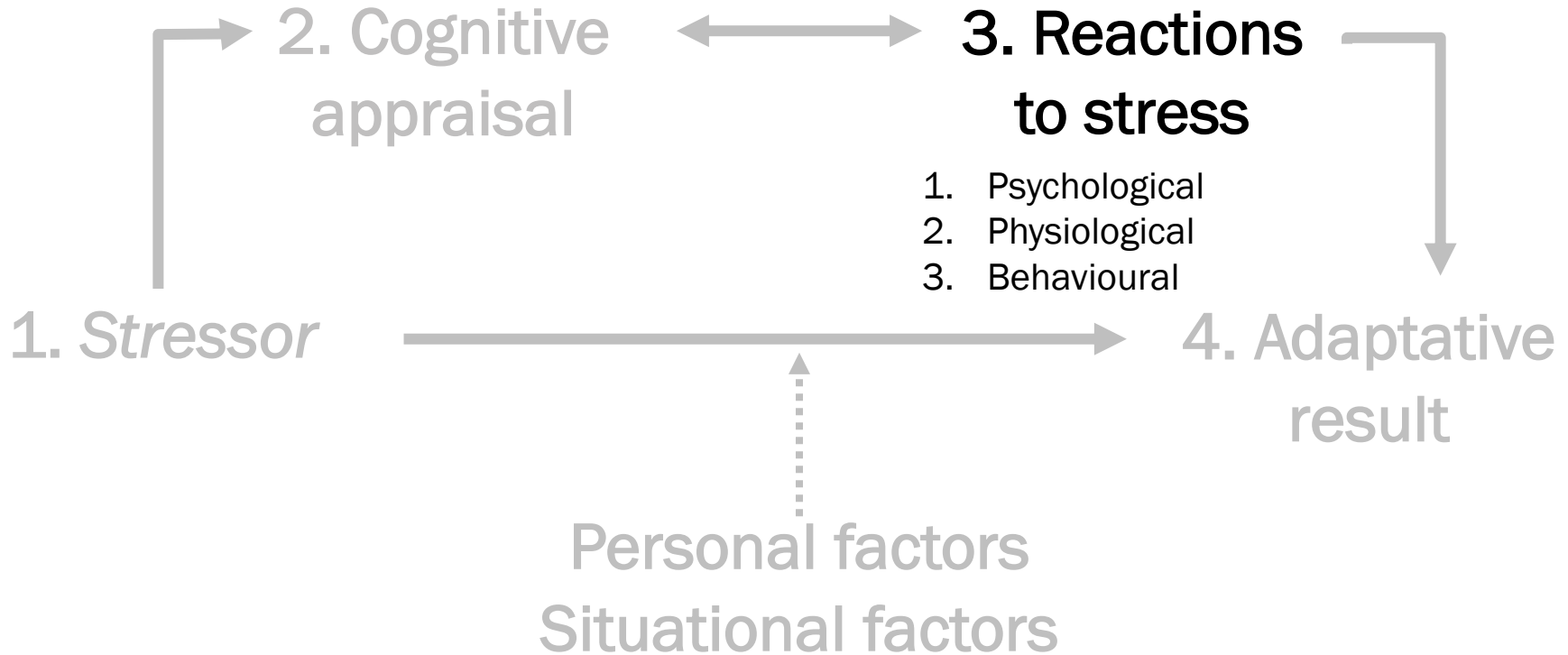
1. Importance
2. Challenge
3. Threat
4. Control
5. Coping

How can I improve?



- Problem resolution
- Active emotional regulation
- Passive emotional regulation
- Emotional social support
- Instrumental social support

# Interactive Model of Adaptation to Stress



# 3. Reactions

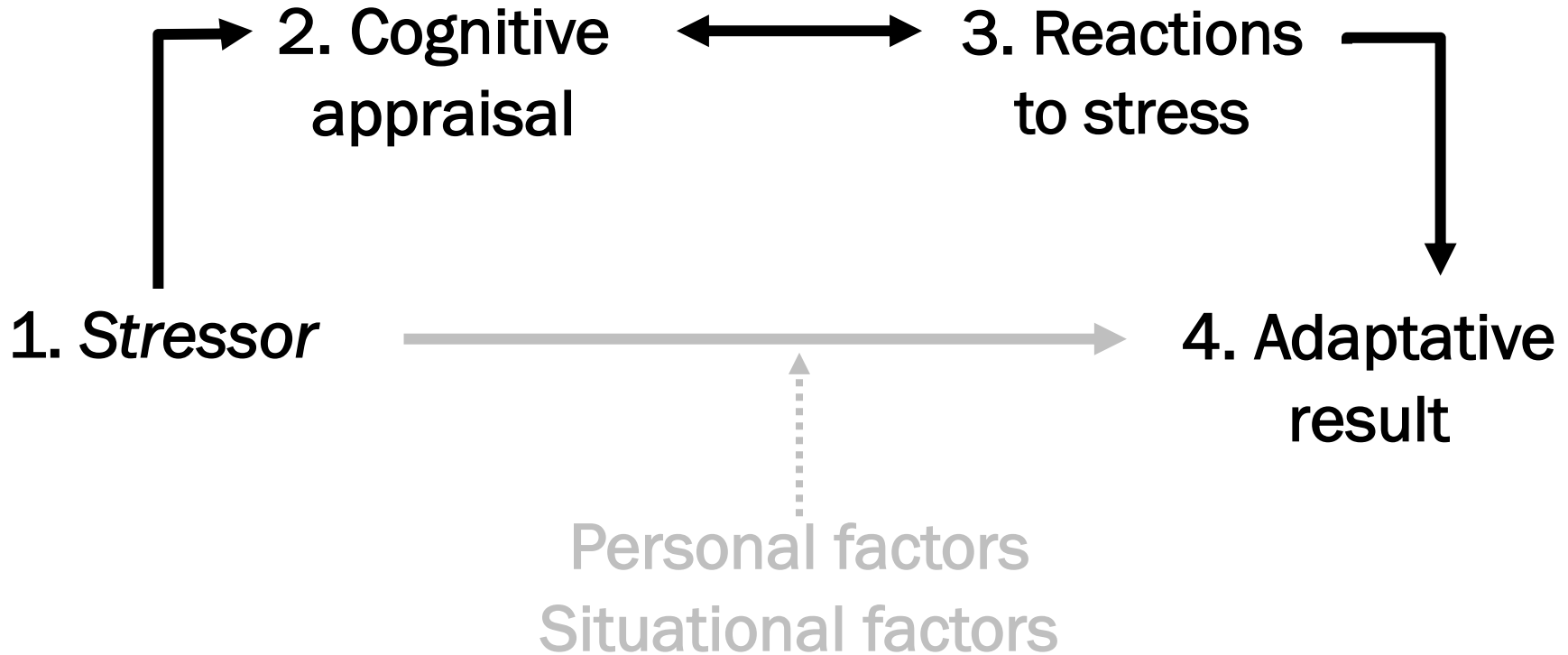


## Respiratory training:

- Basic principles
- 1:2 proportion, etc.



# Interactive Model of Adaptation to Stress



# Plan



Is my plan...

1. Observable?
2. Controllable?
3. Suitable?
4. Realistic?
5. Enthusiastic?