




IFAA WOMEN IN ARCHERY WORKSHOP

Welcome please make
yourselves comfortable



Aims and Objectives of today

- To understand anxiety ,signs , symptoms and coping mechanisms in relation to our sport particularly in competitions
- We will look at ways to cope and techniques we can do to reduce anxiety and nervousness.
- Anxiety does have various forms, this workshop is concentrating on general anxiety
- Gives an opportunity to meet archers from around the world and learn from experiences
- There is no material in this session aimed as a trigger but if you feel affected, please do speak to us, we are around all week, competing but here to offer support as well.
- If you do wish to share experiences, please as a collective keep confidentiality.




Anxiety and anxiety disorder are words often used by health professionals when they are describing persistent fear, something that is long term that may need treatment.

But in context for archers, it is something we may experience when we attend competitions, the feeling of fear and anxiety can impact on us generally, aside of having other factors such as travel, accommodation, language as examples.

There are common causes of performance anxiety include:

- Putting too much pressure on yourself to succeed
- Focusing on results only – that pre research on what others are scoring
- Fear of failing from expectations of home achievements and fear of not performing to expectations
- Poor training leading up to the event – this could be under or over training
- Lack of rest and adequate nutrition

You can learn to feel less fearful and to cope with anxiety so that it does not stop you from enjoying the experience and events Field Archery has to offer.



- Lets now explore how anxiety presents ...

- Three key areas –

- **Physically**

- **Psychologically**

- **Behaviourally**



Coping Strategies

Exercise requires some concentration, and this can take your mind off your fear and anxiety, this includes walking through nature vs too much can be self-harm

Relax learning relaxation techniques can help you with the mental and physical feelings of fear.

Learning new things is a great boost - things like yoga, meditation, massage, international apps

Healthy eating, fruit, and vegetables, avoid too much sugar which can result in dips in your blood sugar can give you anxious feelings as the sugar wears off, drinking too much tea and coffee, as caffeine can increase anxiety levels.

Avoid alcohol, or drink in moderation. It is very common for people to drink when they feel nervous. Some people call alcohol 'Dutch courage', but the after-effects of alcohol can make you feel even more afraid or anxious. – accepted units per week ?

Faith/spirituality, religion or spiritual connection, this can give you a way of feeling connected to something bigger than yourself. Faith can provide a way of coping with everyday stress, as can mindfulness...



The here and now techniques

If you are sitting, place both feet flat on the ground or stand, Whatever position you are in, place your feet roughly hip width apart.


- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.

Keep doing this for at least 5 minutes

Be positive

Look for the positives in life, and things for which you are grateful.

Try writing down 3 things that went well, or for which you are grateful, at the end of every day.



Top Tips

- Setting realistic goals for yourself
- Relaxation techniques such as breathing and meditation
- Learning mindfulness and living in the moment rather than in the past or future
- Positive visualisation
- Accepting any perceived failures as a natural part of the process
- Focus on the small wins as well as the big ones! Every arrow is the first arrow
- Have a good support network, people you can talk to about your anxiety – #women in Archery



Recap of todays workshop

Participation in competitions is a time when anxiety along with any additional stressors we face such as travel, accommodation, and preparation, these can make is hard to “bounce back” to our expected performance standard.

Use the techniques you have learnt today.

Talk to the people you have met and most of all **have a great time.**