

DO NOT LET STRESS AND ANXIETY AFFECT YOUR REFEREEING

By: Stan Popovich

Sometimes, stress and anxiety can become a problem for referees. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a referee can use to help manage their stresses and anxieties as they do their job.

Occasionally, you may become stressed when we have to referee in an important game. When this happens, visualize yourself doing the task in your mind. For instance, you have to referee in the championship game in front of a large group of people in the next few days. Before the big day comes, imagine yourself refereeing the game in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

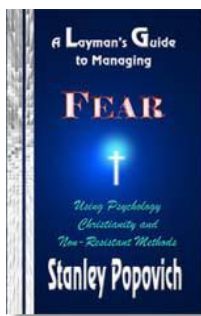
Sometimes we get stressed out when everything happens all at once during a game. When this happens, a person should take a deep breath and try to take things step by step. Do not get overwhelmed by the stress and focus on the present situation.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements at half time. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your game to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in your refereeing.



BIOGRAPHY:

Stan Popovich is the author of *A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods*, an easy to read book that presents a general overview of techniques which is located at www.managingfear.com