

K E V I N
LOVE FUND

Everyone is Going Through Something



Performance Anxiety

"Way before I was in the NBA or even in college, my self-worth was all about performing. I was what I did, which I think a lot of people can relate to, whether they're a chef or a lawyer or a nurse or whatever the profession. I just happened to play basketball."

"When I wasn't performing, I didn't feel like I was succeeding as a person."

– Kevin Love

Let's hear from the experts...



What's YOUR game plan?

Create your own “game plan” and design your poster with the specific tools you can use.

- **Positive Self-Talk**

- *Create a mantra or affirmation that you can say before every game, or when anxious feelings arise (stepping into the “batter’s box”, taking a free throw, etc.)*

- **Guided Meditation**

- *Choose a time when you will listen to a guided meditation (the night before competition, the morning of game day, pre-game in the locker room, etc.)*
 - *Students can find guided meditations in the supplemental link section of this lesson.*

- **Breathing Routine**

- *Decide the breathing exercise that you will use and when you plan to use it. Be specific. Practice it ahead of time.*

- **Visualization**

- *Grounding exercise: Have an image in your mind that helps to calm and ground you – picture yourself in a place that makes you feel peaceful. Imagine yourself there and think about the sights and sounds and smells around you.*
 - *Pre-game visualization: Close your eyes and envision yourself being successful in your upcoming competition. Run through different plays and scenarios.*

What other tools/mental strategies can you draw on to include in your “game plan”? Do you listen to a specific playlist? Maybe you get a pep talk from a parent? Do you have any pre-game rituals or superstitions?

Resources

- **Kevin Love Fund Resources Page**
<https://kevinlovetfund.org/resources-for-students/>
- **Campus/Local Resources**
- **Remember that it is okay to ask for help** if you need it. If you or someone you know is in crisis or in need of immediate support, you can call 988 or text HOME to 741741.

988 | SUICIDE & CRISIS
LIFELINE

