
Livermore Fusion SC Player Engagement



A PREMIER PLAYERS PLAN FOR OUR CURRENT SHELTER IN PLACE

Fusion SC Sport Psychology



Concentration

Emotion Regulation

Goal Setting

Leadership

Motivation

Performance

Reflection

Relaxation

Visualization

Emotion Regulation: Part 2

- ❑ During these time with the COVID-19 epidemic and the current shelter in place taking place, it is more important than ever to ensure the emotions, feelings, and thoughts of our children remain positive and strong.
- ❑ What better time than NOW to educate and connect with ourselves and our family to build a foundation of self-sustainability, objectivity, and independent thinking.
- ❑ In this presentation we will briefly talk about how pretend play, creativity, coping mechanisms, and executive functioning can affect emotion regulation.





Pretend-Play

- ❑ At first glance, pretend-play may sound like something that only children between ages 2-6.
- ❑ This may be true, but research has shown this helps with the psychological development in order for the individual to work out the complexity of real world situations.
- ❑ What's the biggest take away? If you want to become a better soccer player, use your imagination and act out scenarios of a soccer game.

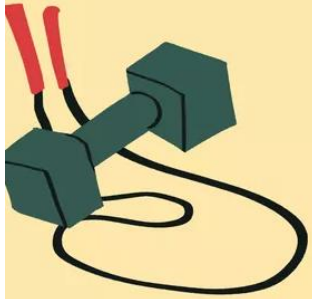
Creativity

- ❑ Fostering creativity can have a positive impact on your development and stimulate your gifted potential.
- ❑ How to foster creativity?
 - ❑ Take a walk outside and ask them questions about the world around them
 - ❑ Allow for free time to be bored without television, cell phone, video games, and explore the world as it has been before the 21st century.
 - ❑ Do not reward the children for their achievement, rather ask them how they can do it better. Do not mistake this for not recognizing their achievements.
 - ❑ Let the individual make mistakes and work through a problem or exercise. Do not figure out the problem for them.
 - ❑ Encourage critical thinking by helping them walk-through their creative thoughts or actions.
 - ❑ As parents model the importance of creativity wit your children.



Coping Mechanisms

Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself
a pep talk



Meditate

Problem-Focused Coping Skills



Work on
managing time



Ask for support



Establish
healthy boundaries



Create a
to-do list

- ❑ Coping mechanisms are the habits or skills we have developed to deal with and get through tough times.
- ❑ Not all coping skills are created equal and sometimes it is tempting to reach for the quick relief but might create larger problems down the road.
- ❑ Problem vs Emotion: Problem-based coping deals with a need to change the situation by removing the stressor. Emotion-based coping deals with taking care of your feelings when you don't want to change the situation or when circumstances are out of your control
- ❑ Find a healthy solution that works for you



Executive Functioning

- ❑ Executive Functioning is a term used to explain a set of mental skills we use very day to learn, work, and manage daily life. Trouble with this can make it hard to focus, follow directions, and handle emotions, among other things
- ❑ Picture on the left gives a brief overview of the cognitive functions which are important to accomplishing our daily activities.

Summary

- ❑ Go outside and play
- ❑ Enjoy the time you have now to explore who you are so you can be a better version of yourself when you get back on the soccer field or school
- ❑ Tell those who are close to you that you love them

- ❑ Enjoy!

