
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

Introduction to Emotion Regulation

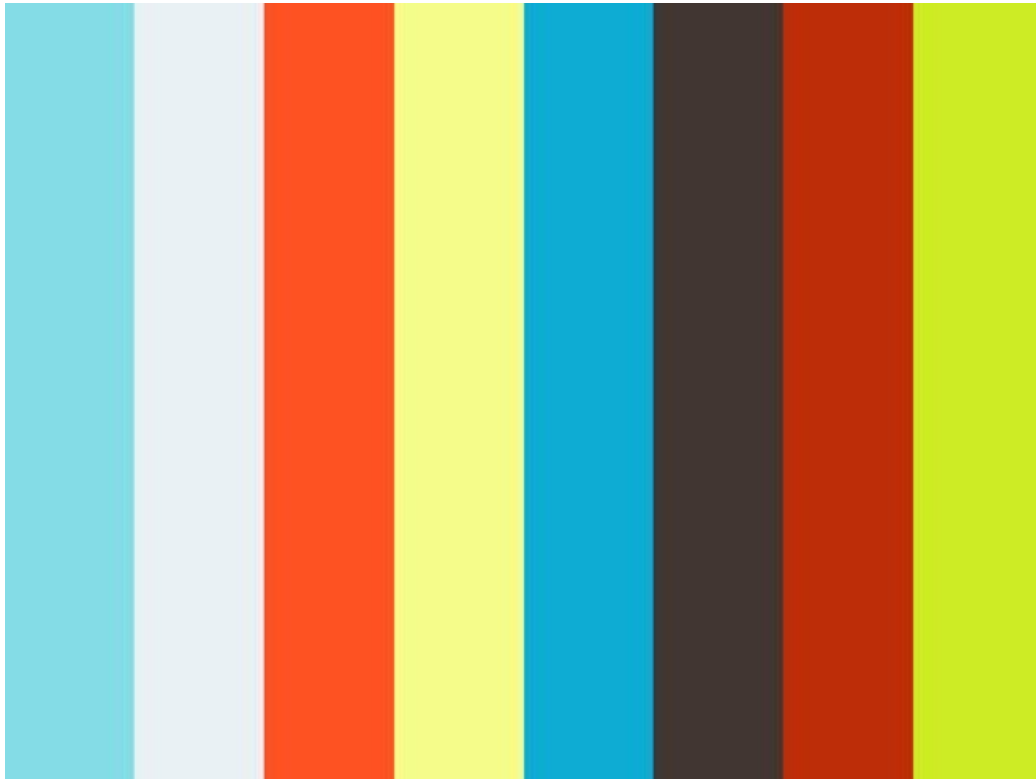
- ❑ What is Emotion Regulation? Well, emotion regulation refers to the ability to control one's emotions.
- ❑ We have a choice to control our emotions or have our emotions control us. Which one are you going to choose?
- ❑ When our emotions control us, we Feel, Act, and only then Think. As a result, we act like a F.A.T. Head and when we finally think, we wish we had acted differently.

F.A.T. Head

Feel, Act, then Think



Self-Talk



- ❑ Click on the link to the left and listen to a 3-minute audio on self-talk.
- ❑ Before you listen, begin to think how self-talk is a part of emotion regulation.
- ❑ After listening to the audio, do you find yourself having these conversations in your head?

Exercising the Brain

- ❑ Take a moment to find a quiet space and review the information you just learned from the audio recording.
- ❑ Take 60-120 seconds to close your eyes and replay a recent memory where you were a F.A.T. Head.
- ❑ Now, go back again and replace those F.A.T. Head thoughts with positive words.





Taking a Deep Dive

- ❑ SOMETIMES, IT IS DIFFICULT TO HEAR HOW YOU TALK TO YOURSELF, AND IT IS REALLY EASY TO LISTEN TO HOW SOMEONE ELSE TALKS TO THEMSELVES.
- ❑ THE NEXT CHANCE YOU HEAR SOMEONE BEING A FAT HEAD, GIVE THEM A COMPLIMENT AND ENCOURAGE THEM.



I can't help myself from acting like a fat head!

- ❑ Click on the link to the left and listen to a 5-minute audio on how your hormones effect you.
- ❑ Before you listen, begin to think how hormones is a part of emotion regulation.
- ❑ After listening to the audio, do you find your hormones affect your feelings, emotions, and actions?

