

Mental Fitness Tips: Self Talk

* by Life Coach Matt Spear (mattspear10@gmail.com)

Our actions often follow our mind. We know that constructive talk is important because it fuels calm, clarity, motivation, intentionality, resilience...

And we have moments when unhelpful self talk is disruptive and debilitating. Acknowledge these ANTS (Automatic Negative Thoughts) when they happen, hit pause and reset to better.

Let's practice SAY > ACT > BE:

* Identify and name constructive words/phrases to Say.

* Do these words/phrases with your Actions.

* And then Be the words/phrases with your tone and body language.

Example: I Am Resilient.

> Say it regularly to yourself - either out loud or in your mind / bonus layer if you write it down and/or share with someone.

> Act resilient by leaning into each moment, task with a learning intention. Identify moments in the past where you have coped and exhibited bouncing back - better from negative surprises or tough results. *I got this.*

> Be resilient by shaping your attitude and demeanor and embracing a growth mindset. Moments and situations make me more aware, stronger, wiser. *I'm good.*

Since June 2022, CSA staff, coaches, players and parents have benefited from the guidance and training of wellbeing advisor and mental fitness coach Matt Spear. Matt has provided 1:1 and team and staff mentoring sessions - and a more holistic approach to life/work alignment, stress and performance. You may connect with Matt at mattspear10@gmail.com to share your challenges and ambitions - and explore how he may be able to serve you such as 1:1 mentoring or group sessions at a reduced rate for CSA members. Examples where Matt can assist players, parents, teams, and partners include channeling sports psych essentials, activating mental training tools, harvesting purpose, and increasing resilience for extended awareness, performance and joy. Matt was Captain of Davidson College's only Final Four team before career steps in sports marketing then NCAA Division I head coach, pro club president, and cofounder of Charlottetowne Hops FC. His current practice is titled Love United FC for coaching, mentoring, and consulting in and out of sports. More insights at <https://www.linkedin.com/in/mspear/>.

