

HOW TO MANAGE
LOW MOTIVATION
— & —
HIGH ANXIETY

WITH YOURSELF & YOUR TEAM



**with Clinical & Sports Psychologist
Dr. Bhrett McCabe**



DR. BHRETT MCCABE

**CLINICAL & SPORTS
PSYCHOLOGIST**

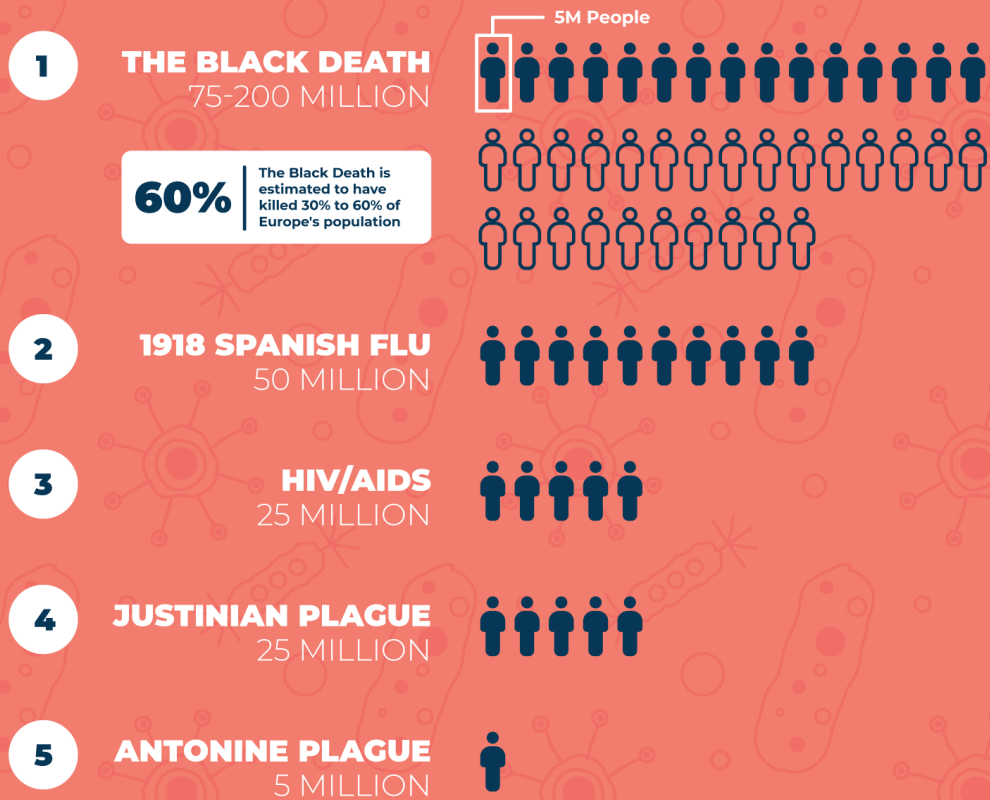
**BEHAVIORAL & HEALTH
PSYCHOLOGY EXPERT**







WORST PANDEMICS IN WORLD HISTORY



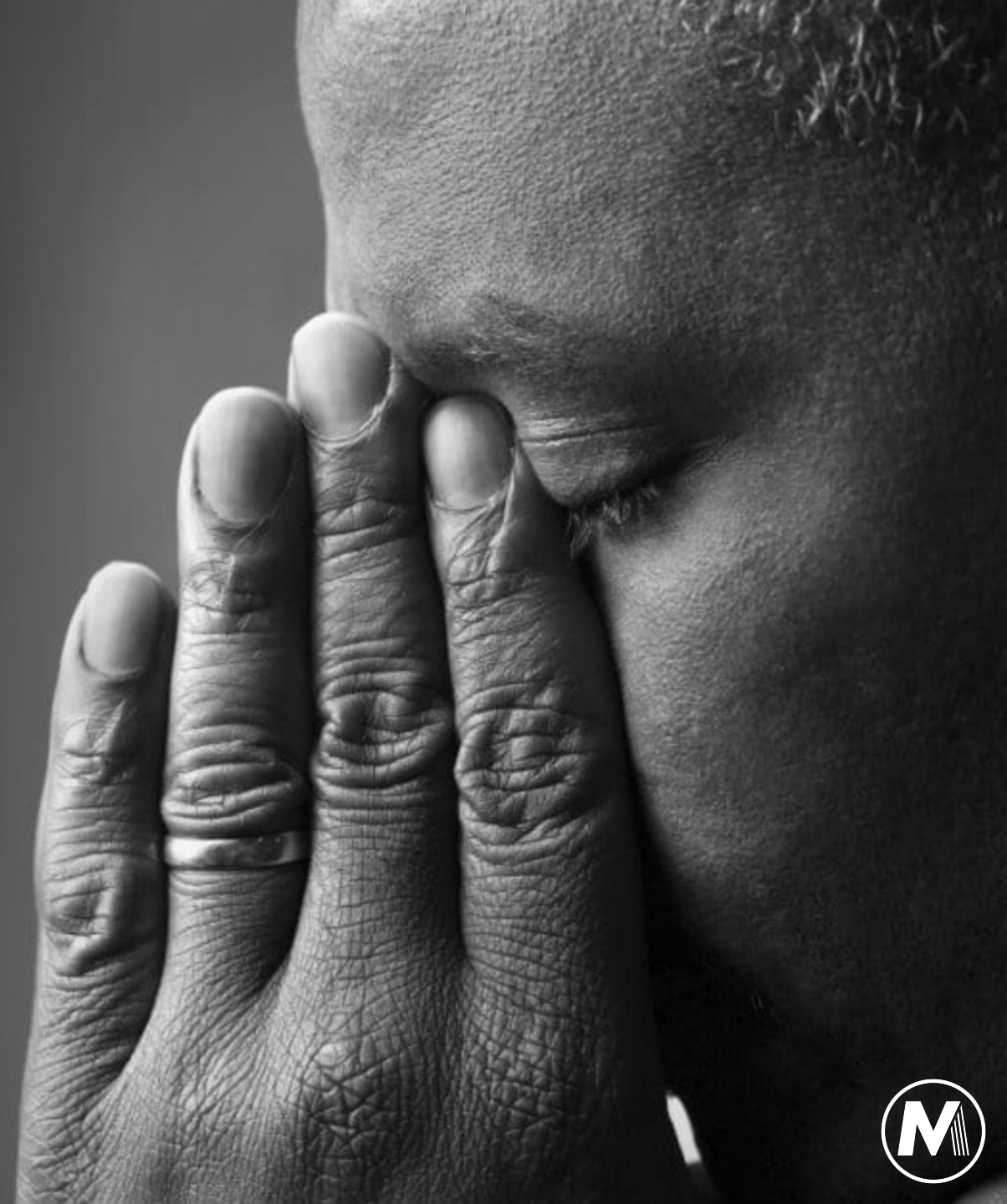
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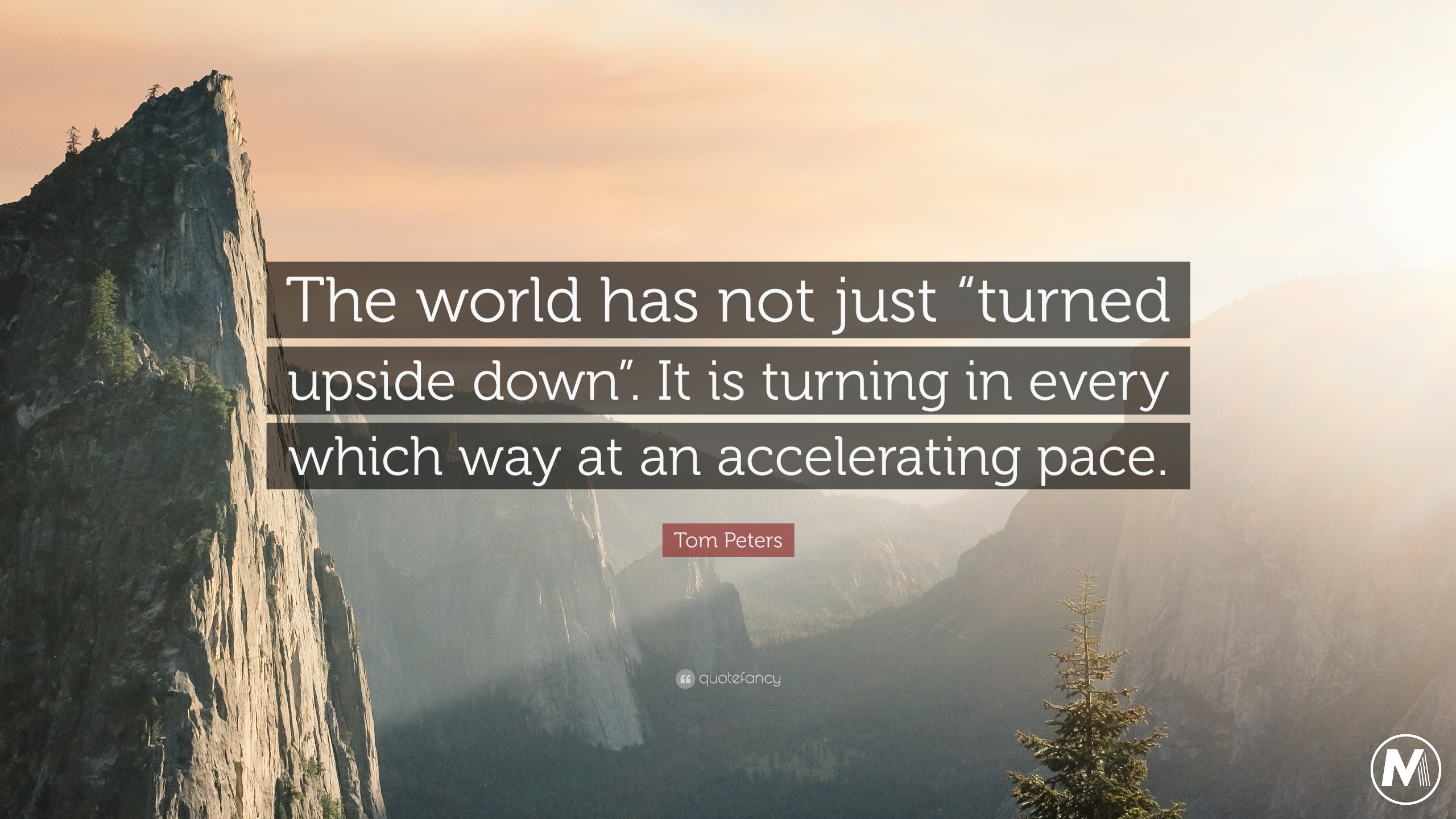
ALEXE LUCIAN | ALEXE.US





**THIS IS A
TIME OF
SUFFERING**



The background is a high-quality photograph of a rugged mountain landscape. On the left, a steep, rocky cliff face rises vertically, dotted with small evergreen trees. The sky above is a soft, hazy orange, suggesting a sunrise or sunset. In the foreground, a single, tall evergreen tree stands on the right side. The overall mood is majestic and contemplative.

The world has not just “turned
upside down”. It is turning in every
which way at an accelerating pace.

Tom Peters

“ quote fancy



Cincinnati, Stanford, and 17 other Division I schools are permanently eliminating dozens of sports programs in an unexpected loss from the pandemic

NCAA to furlough its entire staff for 3-8 weeks to cut costs, memo says

Nearly 100 college sports programs have been cut during pandemic

How the coronavirus could change college sports forever

3 PHASES OF COVID-19 QUARANTINE

ENDURANCE



EMERGENCE



EXECUTION

UNCERTAINTY

LACK OF COMPETITION

FEAR OF LOSING GAINS

LACK OF MOTIVATION

BOREDOM

STRUGGLES SIGNAL FUTURE

EXCITEMENT TO RETURN

RETURN TO TRAINING

RISK BEING OVERWHELMED

LACK OF DISCIPLINE

INCREASED WORRY ABOUT COMPETITION

STRUGGLES ARE BUILDING BLOCKS

LEVEL OF EXECUTION

COMPARISONS

INCREASED AROUSAL

INCREASED ADRENALINE

STRUGGLES ARE OBSTACLES





EMERGING FROM THE STRUGGLE OF ENDURANCE



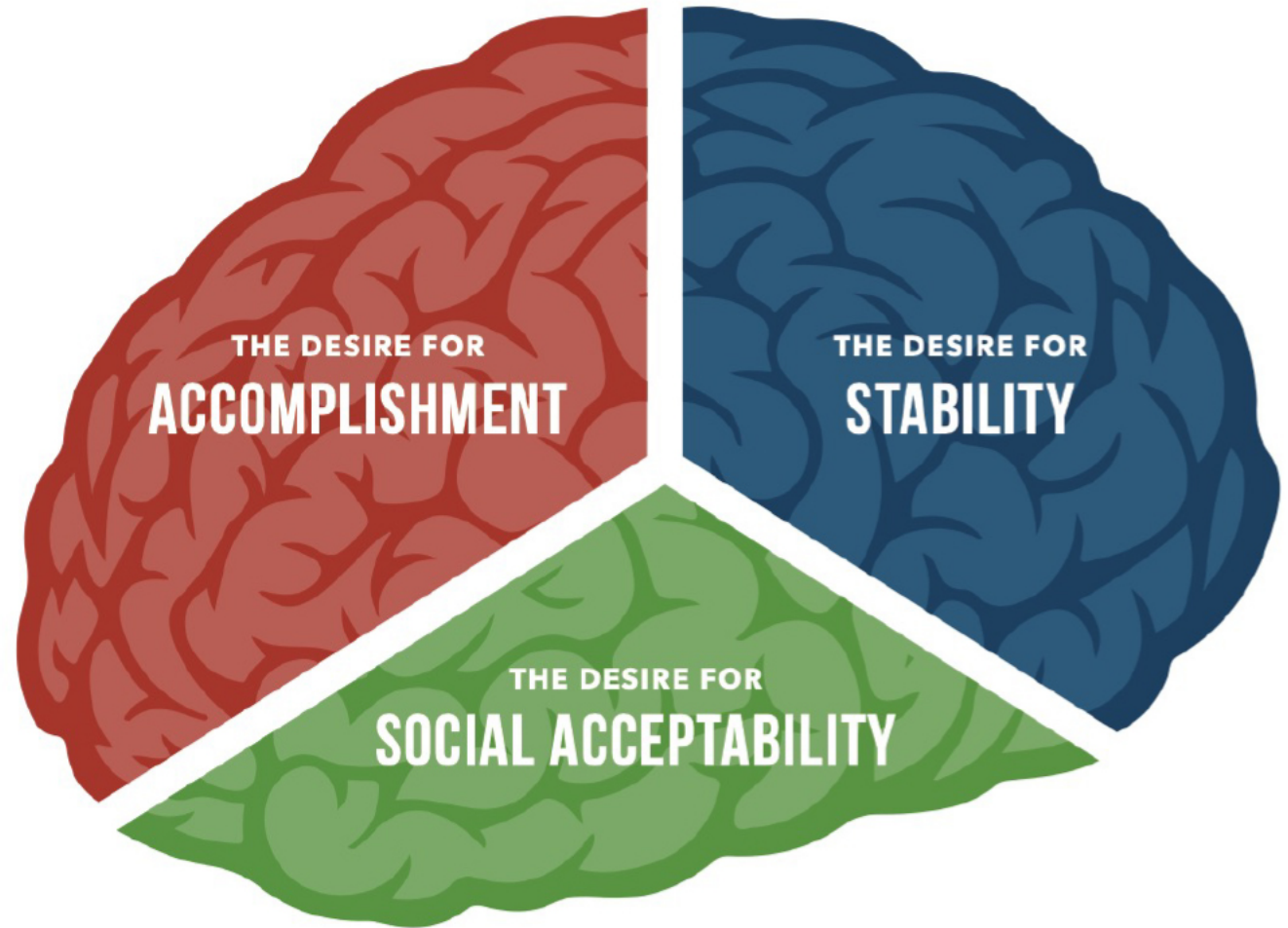




AT THE CORE OF
EACH PERSON,
THERE ARE

3

MAIN
MOTIVATORS
THAT GUIDE US



EACH MUST WORK INDEPENDENTLY AND BE BALANCED.

The trap? Using one desire to fulfill the absence of another.



OUR PURSUITS

DESIRE

MOTIVATION

ACHIEVEMENT

INTRINSIC

EXTRINSIC

FULFILLMENT

STATUS

COMPETITION

?

FEAR

UNCERTAINTY

THREAT

NEW

EXPERIENCES

REAL

PERCEIVED

DOUBT

?



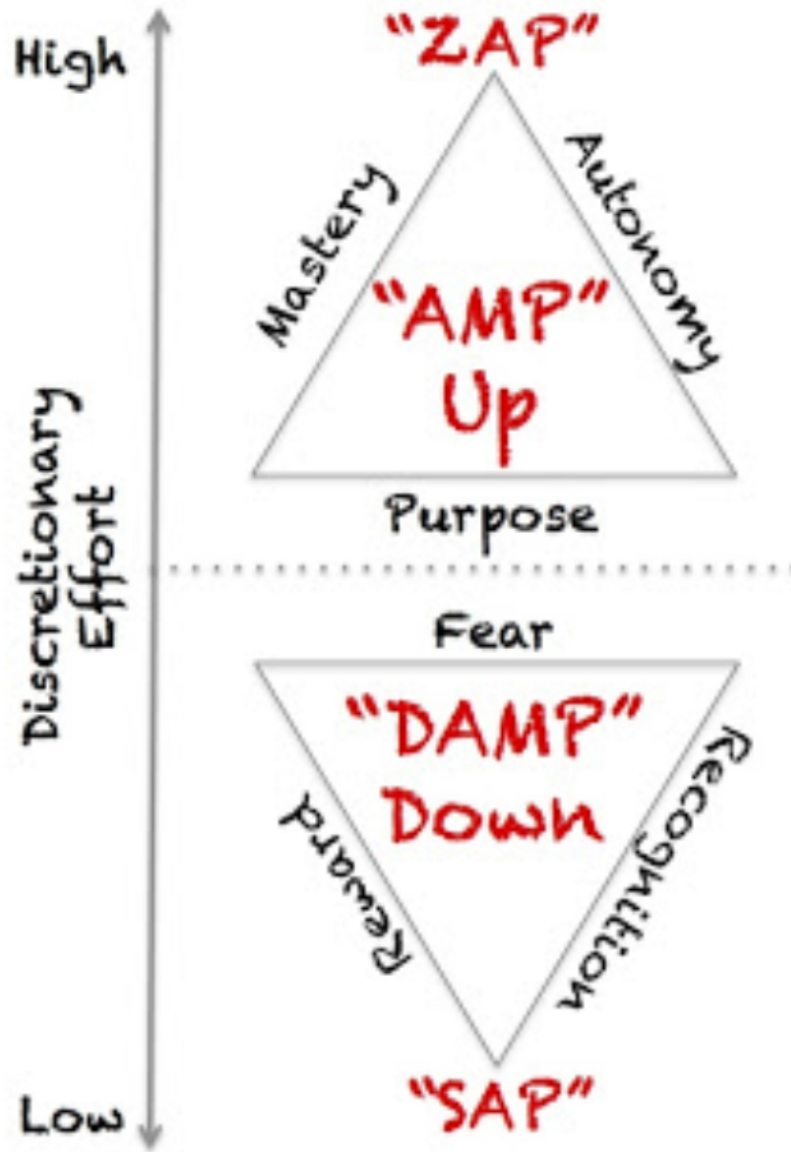
THE DESIRE FOR ACHIEVEMENT





WHY?





**INTRINSIC
MOTIVATION
SOURCES**

**EXTRINSIC
MOTIVATION
SOURCES**



**WHY DO YOU DO
WHAT YOU DO?**

PASSION LED US HERE





The hardest skill to acquire in this sport is the one where you compete all out, give it all you have, and you are still getting beat no matter what you do. When you have the killer instinct to fight through that, it is very special.

EDDIE REESE,
coach



A woman with long brown hair, wearing a dark blue jacket and a white face mask, is shown in profile. She has her head bowed and her hands are pressed against her face, suggesting a state of stress, anxiety, or emotional distress. The background is a blurred outdoor setting.

THE IMPACT OF STRESS ON PEOPLE



OUR PURSUITS

DESIRE

MOTIVATION

ACHIEVEMENT

INTRINSIC

EXTRINSIC

FULFILLMENT

STATUS

COMPETITION

?

FEAR

UNCERTAINTY

THREAT

NEW

EXPERIENCES

REAL

PERCEIVED

DOUBT

?



UNCERTAINTY



THE STRUGGLE OF UNCERTAINTY

- FUTURE IS ALWAYS UNCERTAIN
- UNCERTAINTY DRIVES ANXIETY
- ANXIETY IS A NORMAL RESPONSE
- ANXIETY DRIVES BEHAVIOR TO FACE
UNCERTAINTY & BECOME ADAPTIVE
- OVER TIME, ANXIETY BECOMES TOO
CHRONIC & REACTIVE
- NORMAL THINGS DO NOT SEEM CERTAIN



A person is lying down in a dark, possibly black, environment. They are covering their face with both hands, with their fingers spread. Only one eye is visible through the gap between their fingers. The person has long, dark hair and is wearing a dark top. A small, colorful bracelet is visible on their left wrist. The overall mood is one of fear or anxiety.

FEAR





THE PRIMAL RESPONSE TO FEAR





IS FEAR BAD?



WHAT'S YOUR STRATEGY FOR DEALING WITH FEAR?

**“MY BEST STRATEGY FOR
DEALING WITH FEAR IS TO GET
COMFORTABLE TO THE POINT
THAT IT’S JUST NOT SCARY”**

- ALEX HONNOLD





World-wide Prevalence Rates

25%

5-17 yr olds

Diagnosed

w/Anxiety
Disorder



40%

5-17 yr olds

Suspected

w/Anxiety
Disorder

About 70% comorbidity with depression

Sources: WHO, Merikangas et al., JAACAP



Higher-Ed Anxiety

The American College Health Association has conducted its National College Health Assessment eight times since 2011, gathering data from athletes and nonathletes alike at 426 colleges and universities. The survey has generated more than 200,000 individual responses, and about 9 percent of those identified as varsity athletes. Despite the stresses of balancing their sports and studies, athletes of both genders have proved less likely than their peers to report overwhelming anxiety or severe depression.

Percent of students reporting that in the last 12 months they felt overwhelming anxiety:

STUDENT-ATHLETES



NONATHLETES



Percent of students reporting that in the last 12 months they were so depressed it was difficult to function:

STUDENT-ATHLETES



NONATHLETES



Percent of students reporting they have been diagnosed with depression at some point in their lifetime:

STUDENT-ATHLETES



NONATHLETES



THE ANATOMY OF ANXIETY

TIME Diagram by Joe Lertola.
Text by Alice Park

WHAT TRIGGERS IT ...

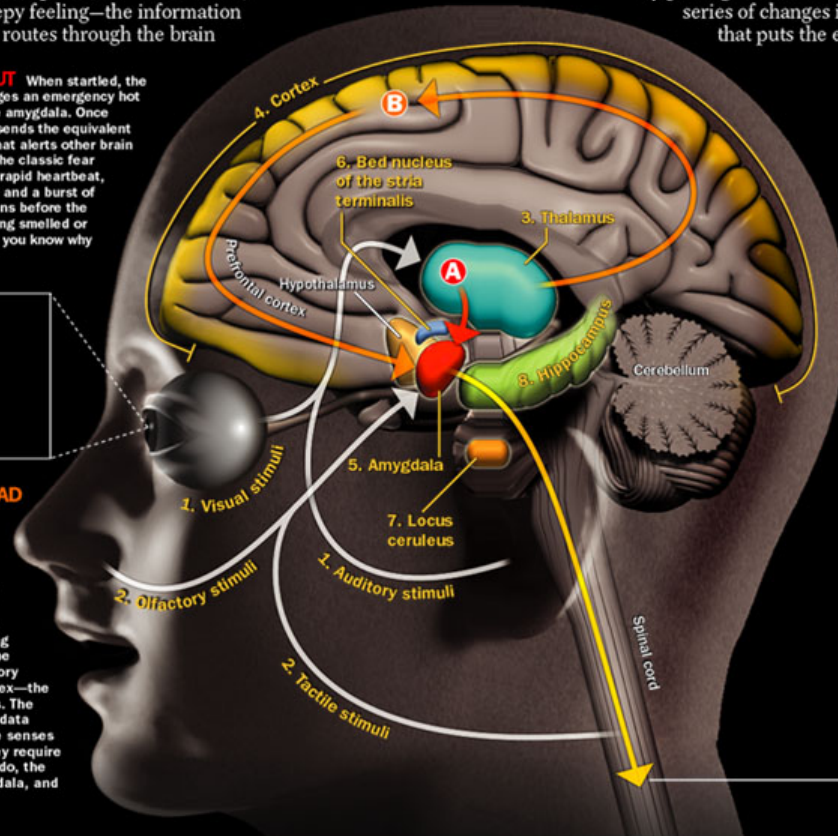
When the senses pick up a threat—a loud noise, a scary sight, a creepy feeling—the information takes two different routes through the brain

A THE SHORTCUT When startled, the brain automatically engages an emergency hot line to its fear center, the amygdala. Once activated, the amygdala sends the equivalent of an all-points bulletin that alerts other brain structures. The result is the classic fear response: sweaty palms, rapid heartbeat, increased blood pressure and a burst of adrenaline. All this happens before the mind is conscious of having smelled or touched anything. Before you know why you're afraid, you are



B THE HIGH ROAD

Only after the fear response is activated does the conscious mind kick into gear. Some sensory information, rather than traveling directly to the amygdala, takes a more circuitous route, stopping first at the thalamus—the processing hub for sensory cues—and then the cortex—the outer layer of brain cells. The cortex analyzes the raw data streaming in through the senses and decides whether they require a fear response. If they do, the cortex signals the amygdala, and the body stays on alert



... AND HOW THE BODY RESPONDS

By putting the brain on alert, the amygdala triggers a series of changes in brain chemicals and hormones that puts the entire body in anxiety mode



STRESS-HORMONE BOOST

Responding to signals from the hypothalamus and pituitary gland, the adrenal glands pump out high levels of the stress hormone cortisol. Too much cortisol short-circuits the cells in the hippocampus, making it difficult to organize the memory of a trauma or stressful experience. Memories lose their context and become fragmented



RACING HEARTBEAT

The body's sympathetic nervous system, responsible for heart rate and breathing, shifts into overdrive. The heart beats faster, blood pressure rises and the lungs hyperventilate. Sweat increases, and even the nerve endings on the skin tingle into action, creating goose bumps



FIGHT, FLIGHT OR FRIGHT

The senses become hyperalert, drinking in every detail of the surroundings and looking for potential new threats. Adrenaline shoots to the muscles, preparing the body to fight or flee



DIGESTION SHUTDOWN

The brain stops thinking about things that bring pleasure, shifting its focus instead to identifying potential dangers. To ensure that no energy is wasted on digestion, the body will sometimes respond by emptying the digestive tract through involuntary vomiting, urination or defecation

1. Auditory and visual stimuli

Sights and sounds are processed first by the thalamus, which filters the incoming cues and shunts them either directly to the amygdala or to the appropriate parts of the cortex

2. Olfactory and tactile stimuli

Smells and touch sensations bypass the thalamus altogether, taking a shortcut directly to the amygdala. Smells, therefore, often evoke stronger memories or feelings than do sights or sounds

3. Thalamus

The hub for sights and sounds, the thalamus breaks down incoming visual cues by size, shape and color, and auditory cues by volume and dissonance, and then signals the appropriate parts of the cortex

4. Cortex

It gives raw sights and sounds meaning, enabling the brain to become conscious of what it is seeing or hearing. One region, the prefrontal cortex, may be vital to turning off the anxiety response once a threat has passed

5. Amygdala

The emotional core of the brain, the amygdala has the primary role of triggering the fear response. Information that passes through the amygdala is tagged with emotional significance

6. Bed nucleus of the stria terminalis

Unlike the amygdala, which sets off an immediate burst of fear, the BNST perpetuates the fear response, causing the longer-term unease typical of anxiety

7. Locus ceruleus

It receives signals from the amygdala and is responsible for initiating many of the classic anxiety responses: rapid heartbeat, increased blood pressure, sweating and pupil dilation

8. Hippocampus

This is the memory center, vital to storing the raw information coming in from the senses, along with the emotional baggage attached to the data during their trip through the amygdala

Source: Dennis S. Charney, M.D., National Institute of Mental Health



**NORMAL
ANXIETY**

VS.

**ANXIETY
DISORDER**



A close-up, profile shot of a person with light brown, curly hair and blue eyes. They are looking off to the side with a thoughtful expression, their hand resting against their chin. The lighting is soft and warm, highlighting the contours of their face. The background is a blurred, neutral-toned wall.

**WORRY IS A
NATURAL COPING
MECHANISM
OVERDONE**



A circular frame containing a sunset scene. The sun is low on the horizon, casting a warm orange and yellow glow. The sky transitions from orange to a pale blue. In the foreground, there are dark silhouettes of trees and a body of water reflecting the sunset. The entire scene is set against a dark, almost black background.

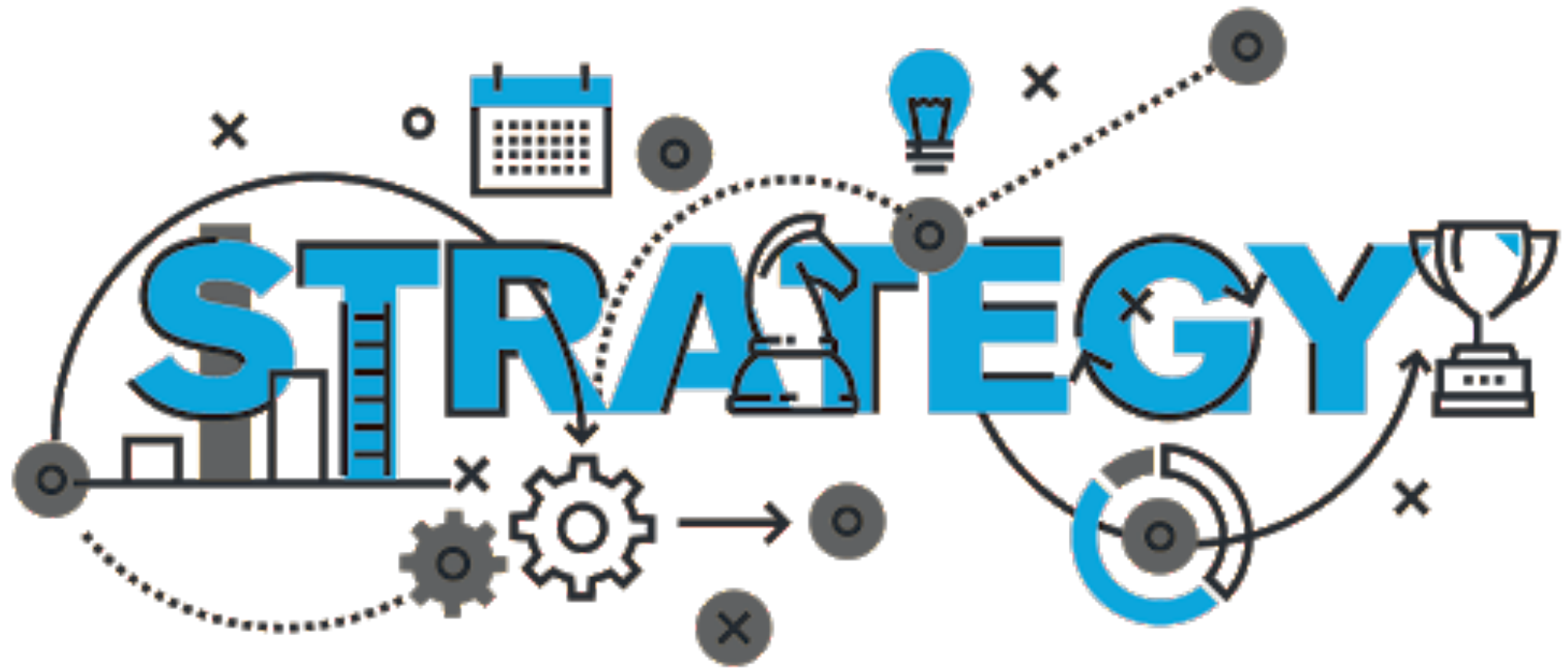
DOUBT





THE INTERNAL ENEMY







LEADING THROUGH UNCERTAINTY

THE STORY OF EARNEST SHACKLETON



SOUTH
AMERICA

PUNTA
ARENAS

SOUTH
GEORGIA

ELEPHANT
ISLAND

GRAHAM LAND

W E D D E L L S E A

COATS' LAND

750 MILES

- 1 - Depart Grytviken, South Georgia, Dec 5, 1914
- 2 - Enter pack-ice, Dec 7, 1914
- 3 - Endurance trapped, Jan 18, 1915
- 4 - Endurance crushed, Oct 27, 1915
- 5 - Endurance sunk, Nov 21, 1915
- 6 - Launched boats for Elephant Island, Apr 9, 1916
- 7 - Boat journey to S. Georgia, Apr 24-May 10, 1916
- 8 - Shackleton +2, reach Stromness whaling station, May 20, 1916
- 9 - Three crew from boat rescued from S. Georgia beach, May 21, 1916
- 10 - Crew rescued from Elephant Is., Aug 30, 1916



You have power over your
mind, not outside events. Realize
this, and you will find strength.


Marcus Aurelius

“ quote fancy



STRATEGIES FOR MANAGING STRESS & ANXIETY





**In order to have a
conversation with someone
you must reveal yourself.**

James Baldwin

“ quote fancy



Fight

The

FIGHT



A hand holds a camera lens in the foreground, with the lens's aperture showing a clear view of a lake and mountains. The background is a blurred landscape of a lake and mountains under a blue sky with clouds.

**FOCUS ON
WHAT YOU
CAN CONTROL**



**NEGATIVE VIEWS
ABOUT THE WORLD**



**NEGATIVE VIEWS
ABOUT ONESELF**



**NEGATIVE VIEWS
ABOUT FUTURE**

The mental flexibility of the wise man permits him to keep an open mind and enables him to readjust himself whenever it becomes necessary for a change.

Malcolm X

“ quote fancy



HEALTHY BEHAVIORS FOR HEALTHY OUTCOMES





IT TAKES
SOMEONE
special
TO TEACH
SOMEONE
special



Fight

The

FIGHT



YOU DIDNT COME THIS
FAR TO ONLY COME
THIS FAR

TIPS FOR STAYING MOTIVATED





**WHEN YOU ACCEPT YOUR
FEELINGS WITHOUT
JUDGEMENT, YOU GIVE
THEM PERMISSION TO
MELT AWAY**



To Do

- Mop + Vacuum
- Gym
- School Supplies
- Call Insurance Company
- Thank You Cards
- Lauren's B-day pre
- New Mailbox
- Water Flowers
- Call Jim about

den
sink



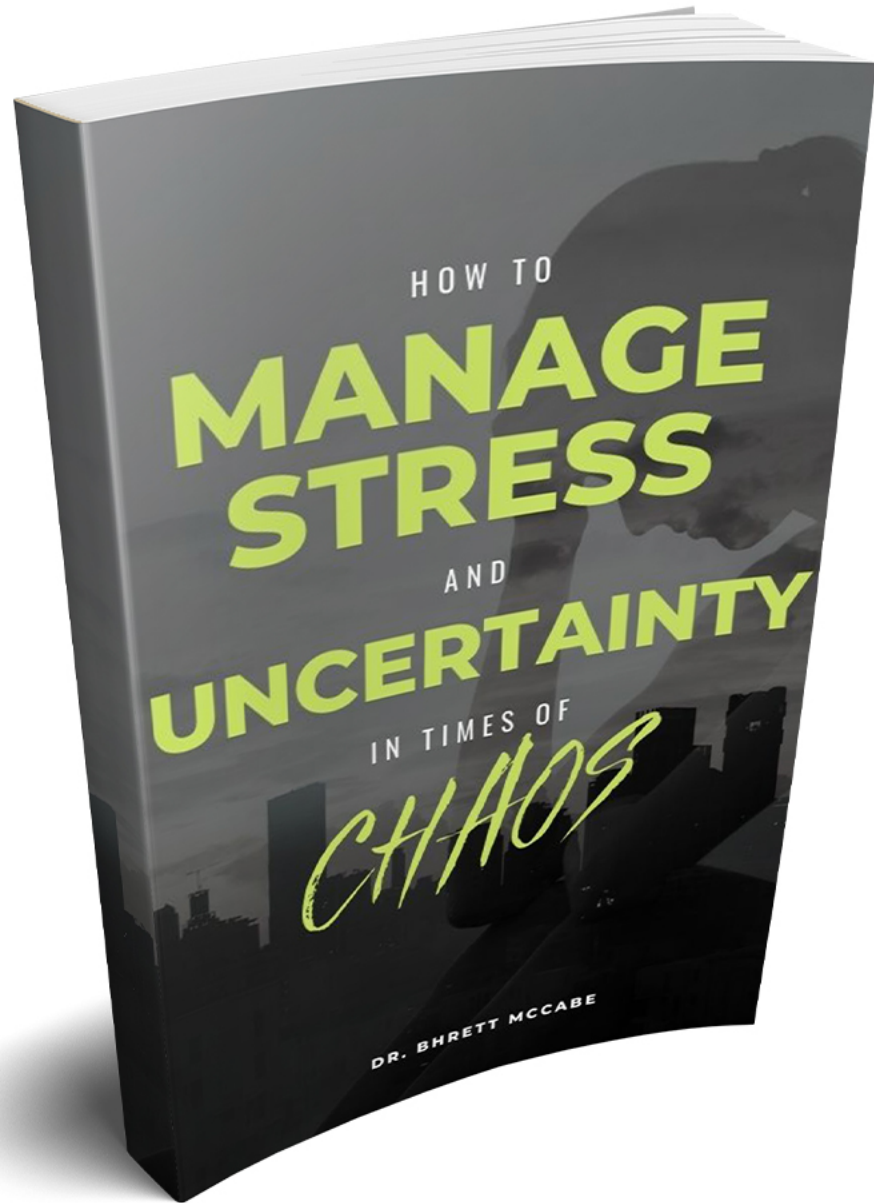
right
NOW.

IT'S EVERYTHING

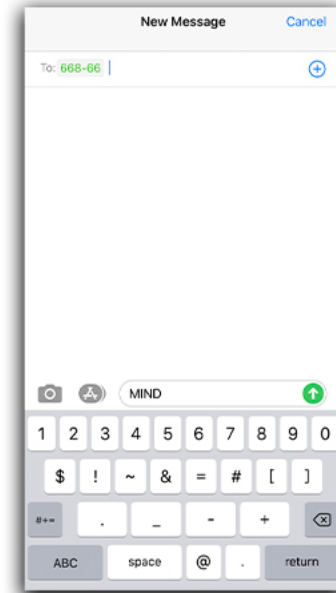


**EMBRACE
THE SUCK**





**TEXT MIND
TO 66866**



**TO RECEIVE FREE EBOOK
ON MANAGING STRESS**

QUESTIONS?

IF YOU NEED ME FOR ANYTHING -
AT ALL - PLEASE CONTACT ME VIA:

BHRETTMCCABE.COM

- OR -

BHRETT@THEMINDSIDE.COM



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