



JUNIOR SOCCER PLAYER CALM & CONFIDENCE CARDS

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Welcome to the Junior Soccer Player Calm & Confidence Cards, a simple toolkit designed for junior soccer players who may experience feelings of anxiety or overwhelming emotions.

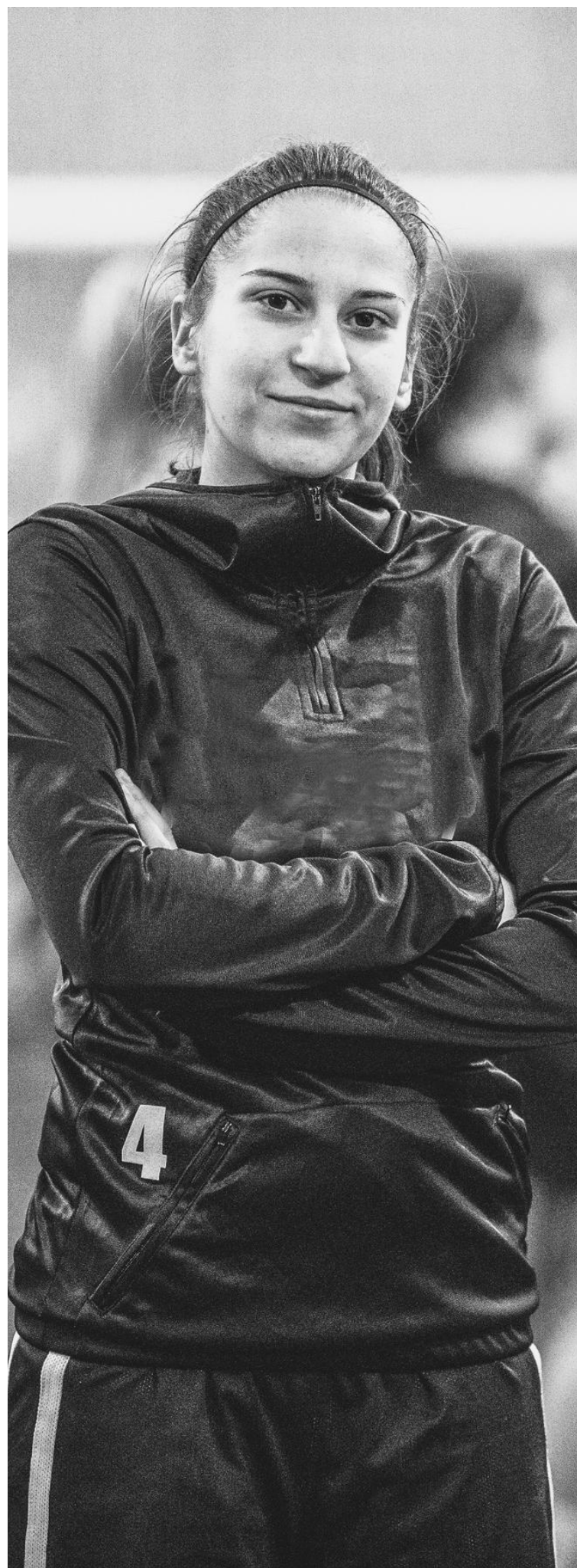
Whether gearing up for a game or navigating everyday life, these flashcards aim to empower junior soccer players with immediate, easy-to-understand strategies to cope with anxious feelings.

These flashcards contain a series of 30 straightforward statements that can help focus and calm anxious feelings. They are designed to be visually appealing with large fonts making them easy to read, especially during moments when a junior soccer player might feel overwhelmed.

This booklet is available in PDF format, allowing you to download it and access it anytime it is needed, whether at home or out on the pitch.



Danny Matharu
Founder
The Soccer Mental Health Alliance



**I KNOW I CAN DO
THIS IF I JUST STOP
AND BREATHE.**



**THE VAULT
SMHA**

THE SOCCER MENTAL HEALTH ALLIANCE

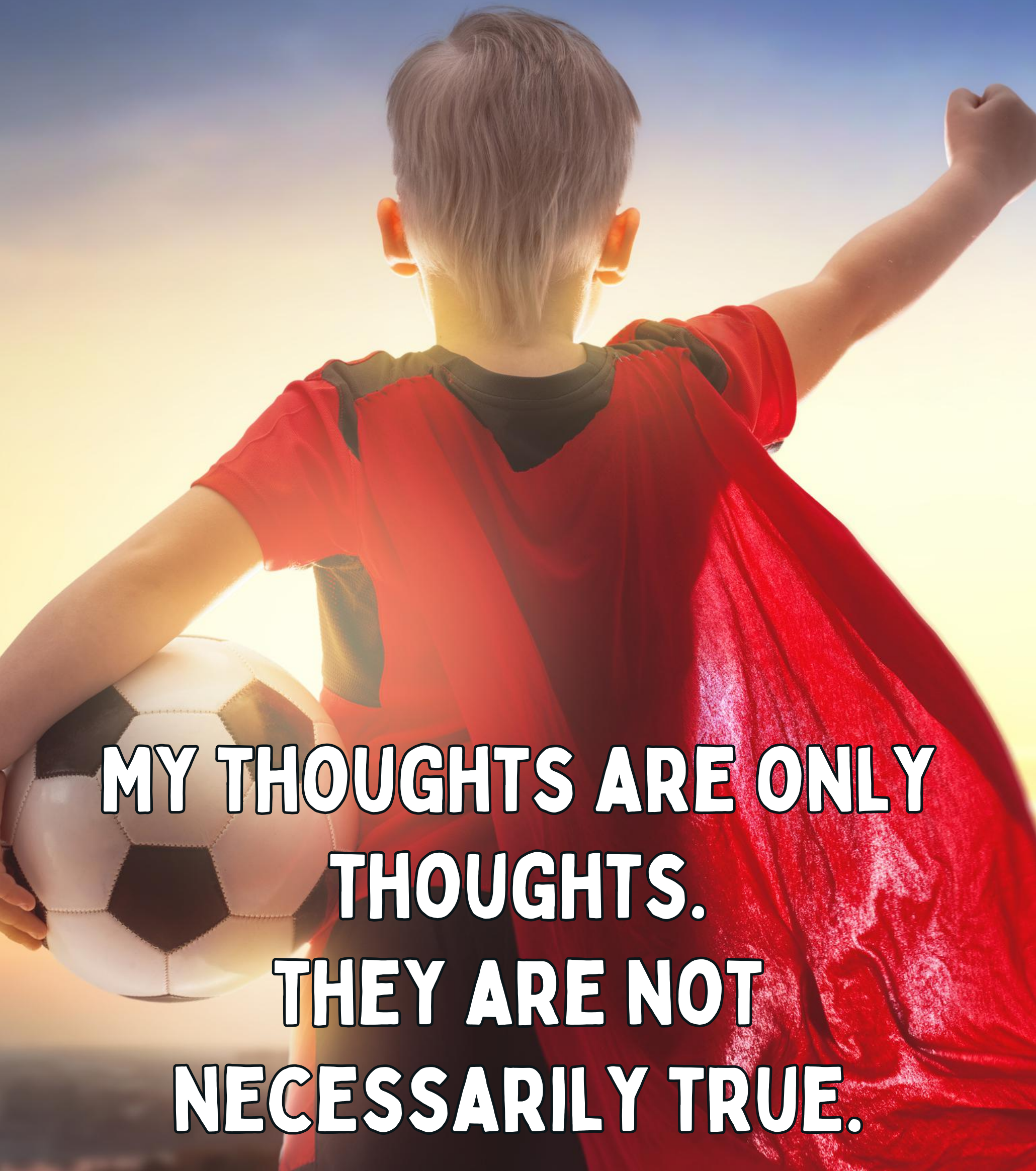
I am strong
and I can cope
with this.



**THIS IS CHALLENGING AND
UNCOMFORTABLE, BUT IT IS
ONLY TEMPORARY**



**It's ok to feel like
this; this is a
normal emotion.**



**MY THOUGHTS ARE ONLY
THOUGHTS.
THEY ARE NOT
NECESSARILY TRUE.**



I choose to see this challenge as a learning opportunity.



**I'M GOING TO FOCUS AWAY
FROM MY ANXIETY, AND
CONTINUE WITH WHAT I HAVE
TO DO.**




**I HAVE A
TOOLBOX OF
COPING
SKILLS
WHICH I CAN
USE TO GET
THROUGH
THIS.**




**I'M JUST GOING TO RELAX, CALM
DOWN, AND EVERYTHING WILL BE
ALL RIGHT.**





**ANXIETY IS
JUST MY
BRAIN TRYING
TO KEEP ME
SAFE.**



**IT'S OK TO FEEL
AWKWARD OR
NERVOUS.**




**I'M GOING TO TAKE SOME
NICE DEEP BREATHS AND
KEEP MOVING FORWARD.**

**THIS FEELING IS
UNCOMFORTABLE BUT
NORMAL.**



**I DON'T NEED TO
FOCUS ON THIS
FEELING OR TRY AND
WORK IT OUT.**





**I WILL LEARN FROM THIS
EXPERIENCE, EVEN IF IT
SEEMS CHALLENGING
RIGHT NOW.**

**I HAVE FEELINGS THAT I
DON'T LIKE, BUT THEY WILL
BE OVER SOON AND I WILL
BE FINE.**



THE VAULT
SMHA
THE SOCCER MENTAL HEALTH ALLIANCE

**I allow this feeling
to be here, knowing
that it will soon
pass.**


**THIS
FEELING IS
MY
REMINDER
TO SLOW
DOWN AND
BREATHE
DEEPLY.**

**ANXIETY IS NOT THE
BOSS. I AM IN CONTROL
OF MY THOUGHTS AND
FEELINGS.**

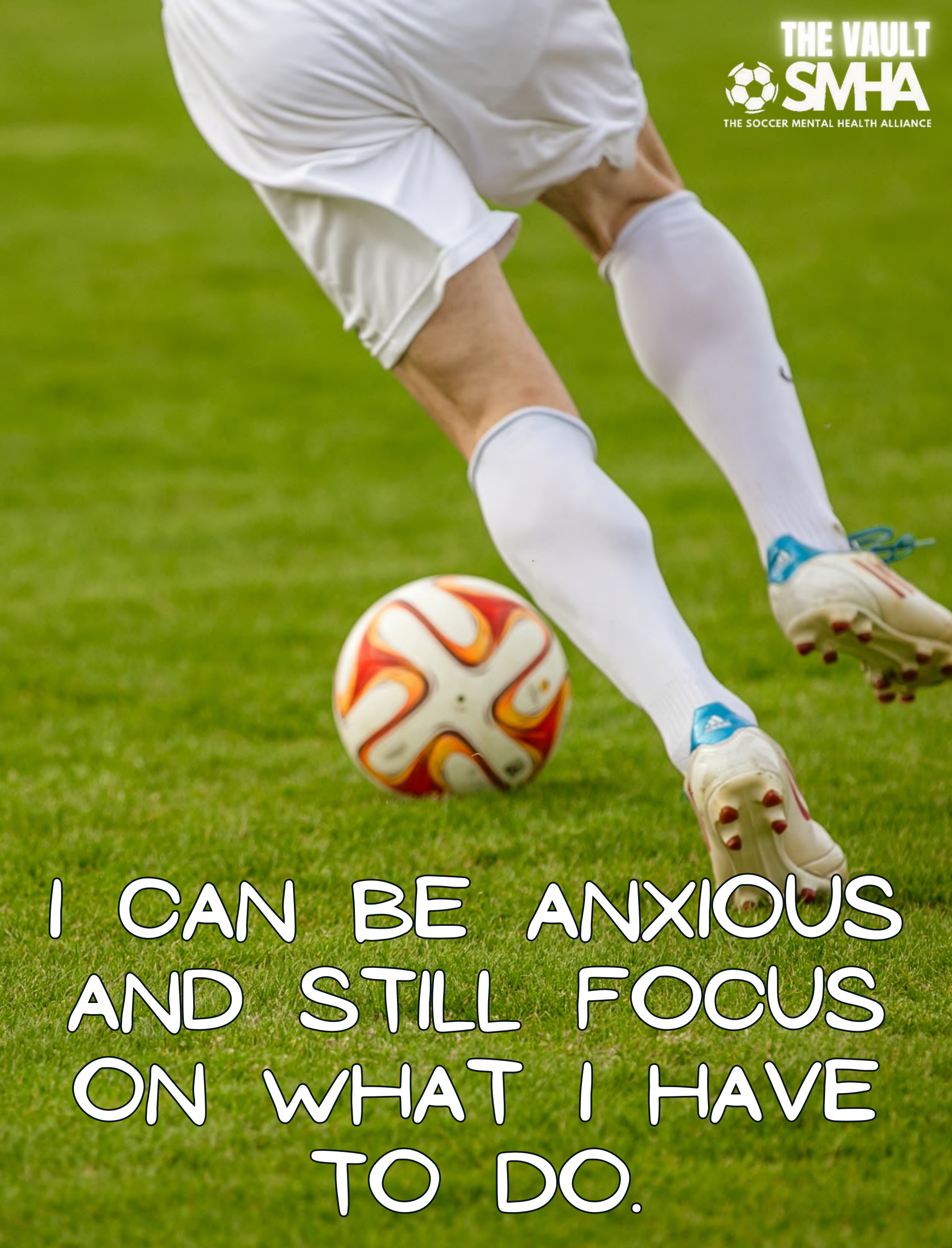


THE SOCCER MENTAL HEALTH ALLIANCE

I FEEL THIS WAY BECAUSE OF MY PAST EXPERIENCES, BUT I KNOW I AM SAFE RIGHT NOW.

A soccer ball with white, black, and gold panels is positioned on a green artificial grass field. The ball is slightly off-center to the left of the frame.

**I AM
SCARED
AND
ANXIOUS,
BUT I CAN
HANDLE
THIS. WHEN
THIS IS
OVER, I'LL
FEEL GLAD I
COPED.**



I CAN BE ANXIOUS
AND STILL FOCUS
ON WHAT I HAVE
TO DO.

**I CAN COPE WITH THIS.
IT MAY SEEM HARD NOW,
BUT IT WILL BECOME
EASIER.**

I WON'T ALWAYS
FEEL
COMFORTABLE
AND THAT'S OK.

**THIS IS JUST A
THOUGHT, NOT A FACT.
I'VE STOPPED MY
NEGATIVE THOUGHTS
BEFORE AND I CAN DO
IT AGAIN.**

**I CAN'T CONTROL WHAT OTHER
PEOPLE DO, SAY OR THINK.
I CAN ONLY CONTROL ME.**



I CAN
LEARN
FROM THIS
AND IT WILL
BE EASIER
NEXT TIME

Anxiety is not

dangerous,

it is just

uncomfortable.

**I'VE GOT THROUGH
DIFFICULT SITUATIONS
BEFORE, SO I KNOW I CAN
DO IT AGAIN.**

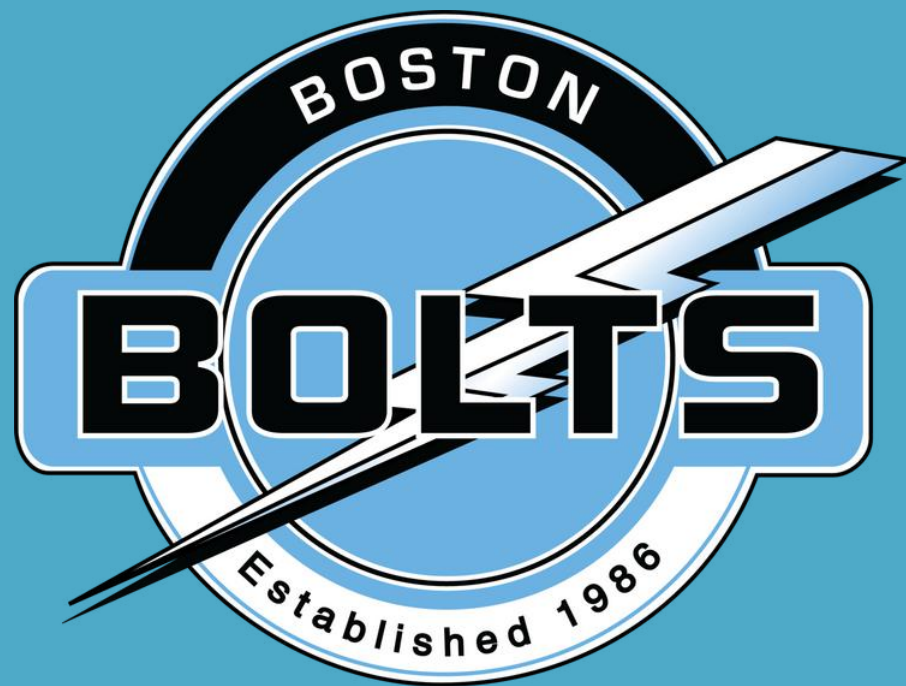


THE SOCCER MENTAL HEALTH ALLIANCE

I am safe and

I'm going to

be alright.



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