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## Health Tip: Keep Your Head in the Game

### Suggestions for staying calm

(HealthDay News) -- Too much pressure takes all of the fun out of playing sports.

The American Academy of Family Physicians suggests these relaxation techniques to calm during-game jitters:

- Find a quiet spot to do some deep breathing. Take a deep breath in, hold it for five seconds, exhale and repeat.
- Flex a muscle group and hold it for about five seconds, then relax and release it. Do this five times with different muscle groups.
- Visualize a peaceful, relaxing scene. Picture all of the stress going out of your body. Try visualizing your success in the game.
- Think positively, instead of dwelling on mistakes or losses.

-- [Diana Kohnle](#)

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