

Newsletter

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Performance in Sport - How is Your Mindset?

By Jocelyn Penna

Performing as an elite athlete is not just about achieving a new personal best, beating rival competitors or winning. These fleeting highs often leave a feeling of “what next?”

We want more than that temporary feeling of a good performance and this is particularly prevalent for elite athletes. They want confidence, security and fulfilment. Competitive sporting environments are intense, and outcomes aren't guaranteed. Even when great results are achieved, the fleeting moments of success alone are not what give us a sense of lasting contentment.

Through the ages, people have endeavoured to manage discontent with temporary fixes such as drugs, alcohol, fleeting relationships, and recognition. As well as creating other problems,

these temporary highs don't leave us with a feeling of contentment either.



Mental Growth

In life, we thrive when our actions are based around what is important to us. When we have an awareness of what we value in life, in other people, and about ourselves; we can seek out situations and opportunities in which we might prosper and find personally relevant solutions to challenging circumstances.

Being conscious and mindful of personality factors that drive, and trigger feelings and actions can allow preparation for the trials we face. Similarly, recognising environments, people and situations that assist or impair peak performance is also useful.

More and more, people are realising the importance of discovering what makes them feel complete, content and whole.

Not Just Physical

Knowing and utilising strengths, values and patterns of behaviour, enables athletes to train, communicate, learn and perform at their best. Self-awareness allows for more effective training, as these values can be utilised to drive their training and to motivate them bad days.

They are also able to forge meaningful and encouraging relationships with people who support their goals. Training in this way also means behaviour is more natural, thus requiring less mental energy. More energy can then be spent on physical exertion and skill development. Also, motivation is usually higher and there are fewer personal obstacles, so goals can be achieved more readily.

Becoming more aware of personal drivers can directly enhance performance as competition can be approached in a personally useful manner.

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Psychologist Jocelyn Penna enjoys working with performing artists, female athletes and young people.

Practitioner Spotlight - Dr Donald Kuah, Sport and Exercise Physician



Dr Donald Kuah is one of the founding practitioners at SSMC. As well as being one of the most experienced Sport and Exercise Physician's in Australia, he is also heavily involved in clinical research, the author of numerous research publications and teaching at many levels.

Dr Kuah is the current Chairman of the NRL Medical Advisory Panel and

was the Chief Medical Officer to the Wests Tigers from 2003-2013. A full list of the many positions he has held, from Olympics to grass roots level can be found on our website.

His interest areas lie in the treatment of tendon pathologies, osteoarthritis, hamstring pathologies and regenerative medicine.

For his services to sports medicine, the Commonwealth awarded the Year 2000 Sports Medal to Dr Kuah.

Services

Sports and Exercise
Physicians

Physiotherapy

Podiatry

Remedial Massage

Exercise Physiology

Nutrition

Sports Psychology

Rehabilitation Physician

Orthopaedic Surgeons

Healthy Dinner – Spicy Stir Fried Noodles

Serves: 4
Time to make: 45 Minutes
Diet Information: Low Fat
Low Carbohydrates

Ingredients

1 clove garlic, crushed
3 tablespoons low-salt soy sauce
2 tablespoons oyster sauce
2 tablespoons lemon or lime juice
350g lean rump steak, trimmed of fat & cut into slices
2 carrots, chopped
1 green pepper chopped
125 g english spinach leaves
315g fresh hokkien noodles
60g snow peas, sprouts, or watercress sprigs



Directions

Place garlic, soy sauce, oyster sauce and lime or lemon juice in a bowl and mix to combine. Add beef, toss to coat and marinate at room temperature for 15 minutes.

Drain marinade from beef and put aside. Heat a non-stick frying pan over high heat, add beef and stir-fry for 3 minutes or until beef changes colour. Add carrots, green pepper and spinach and stir-fry for 4 minutes. Add noodles and stir-fry until heated through. Add snow peas, sprouts or watercress and toss to combine. Serve immediately.

Nutrition Info (per serve)

Energy:	1010kJ	Calories:	240cal
Carbohydrates:	22g	Fat:	6g

Image above is a guide only.

Original recipe published in the "The Taste of Fitness", (with kind permission of Dr Helen O'Connor)

Did You Know?

- A well-trained athlete may have a resting heart rate of 40 beats per minute compared with the average heart rate that ranges from 60 to 100.
- According to the American Heart Association, you gain about two hours of additional life expectancy for each hour of regular exercise.
- Exercise increases the flow of oxygen, which has a direct impact on brain function. This can help improve memory and reduce negative feelings, such as anger, tension, anxiety and depression.
- Exercising regularly reduces the rate of bone loss and conserves bone tissue, which lowers the risk of osteoporosis in later years.

How is Your Mindset? (continued...)

Athletes will notice a more positive well-being and manageable sport / life balance, as well as adapting more easily to changes, injuries, disappointments and career transitions. Ultimately, when someone lives in accordance with what is important to them, they are likely to be happier on and off the sporting field because they are being a true to themselves.

Challenge Your Thinking

Attaining life satisfaction is a journey not a destination. It takes time to know what drives your behaviour and understand the motives behind your feelings and fears.

This is not an easy journey for some, and many find it challenging. But challenging yourself mentally is just as important as pushing your physical limits.



Begin by reflecting on what is important to you, and ask people you trust and who know you well, what they see driving and hindering your behaviours.



If you ready to begin the challenge to fully perform at your best, then speaking with a sport psychologist can help you with your journey.

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