



Every Athlete Has PMS!

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You may have been caught up by the title of this month's newsletter and saying to yourself, "Men do not have PMS, only women do!" Take it from me, both male and female athletes have PMS. The PMS I am addressing is what many athletes experience and must learn to overcome. PMS stands for the following: Personalize, Magnify and Should. This is a type of thinking by athletes that creates poor and inconsistent performance. If you want great, consistent performance, read on!

When many athletes make mistakes, they often "personalize" the mistake. For example, a baseball player might feel that he is the cause of a loss in a game because he struck out at a key time. Yes, the strike out did not help, but there are several other innings in the game as well other players that may have not done their part. After the personalization has taken place, athletes may then "magnify" the error. The baseball player feels he is the scum of the earth and that life will not longer be the same because of this mistake. The fact is, athletes make mistakes all of the time and the world continues to function. Finally, an athlete will often then "should" on him- or herself by feeling the urgency to taking certain unreasonable action. The baseball player may think he "should" quit the team, retire from the game, and go into seclusion. Although this scenario may sound extreme, it definitely happens in the mind of an athlete with PMS!

Learn to treat your PMS if you are struggling with it. Take some or all of the following steps:

1. Keep athletic performance in perspective. It is important and sometimes painful, but it is not the end of the world.
2. Learn to bounce back from mistakes – recovering from mistakes is what allows elite athletes to become great.
3. Learn to accept mistakes and move on. Being an athlete does not mean being perfect. Vent about it, then let it go.
4. Explore the learning opportunity in every mistake and difficult situation.
5. Learn and understand that the mistakes you make in athletics are irrelevant; the most important issue is how you respond to those mistakes.

Play Hard, Play Smart and Play Well!