

PSYCH MINDSET: NOTES FROM THE FIELDS AND COURTS

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Questions and Concerns Asked



- ▶ Giving Up When Behind
- ▶ What is Your Why?
- ▶ How Do We Want to be Known?
- ▶ How Do I Get Them to Talk to You?
- ▶ What is Your Self-Talk?
- ▶ What is Our Mission Statement?
- ▶ Are You a Football Player or a Person Who Plays Football?
- ▶ How Do I Handle Stress?

Where to Start

- ▶ Be present!
- ▶ Be available
- ▶ Understand their sport
- ▶ Have a sense of humor
- ▶ Attend their events
- ▶ Understand Coaches
- ▶ Don't be afraid to try ideas/things
- ▶ Be All In!

Inward vs Outward Thinking

- ▶ With an Inward Mindset, organizations and the individuals in them may think only about their needs, challenges, and objectives relative to a given problem. ... With an Outward Mindset, difficult conversations take on a new light. They are important for the success of the team and the organization.
- ▶ Changing MINDSET
- ▶ Northern State Hockey Players - “Poor Image” vs. Doing Community Good
- ▶ BHSU Football Team - “WE/ME”
- ▶ Major Chip Huth - Kansas City Police Department - TED Lecture

MINDSET

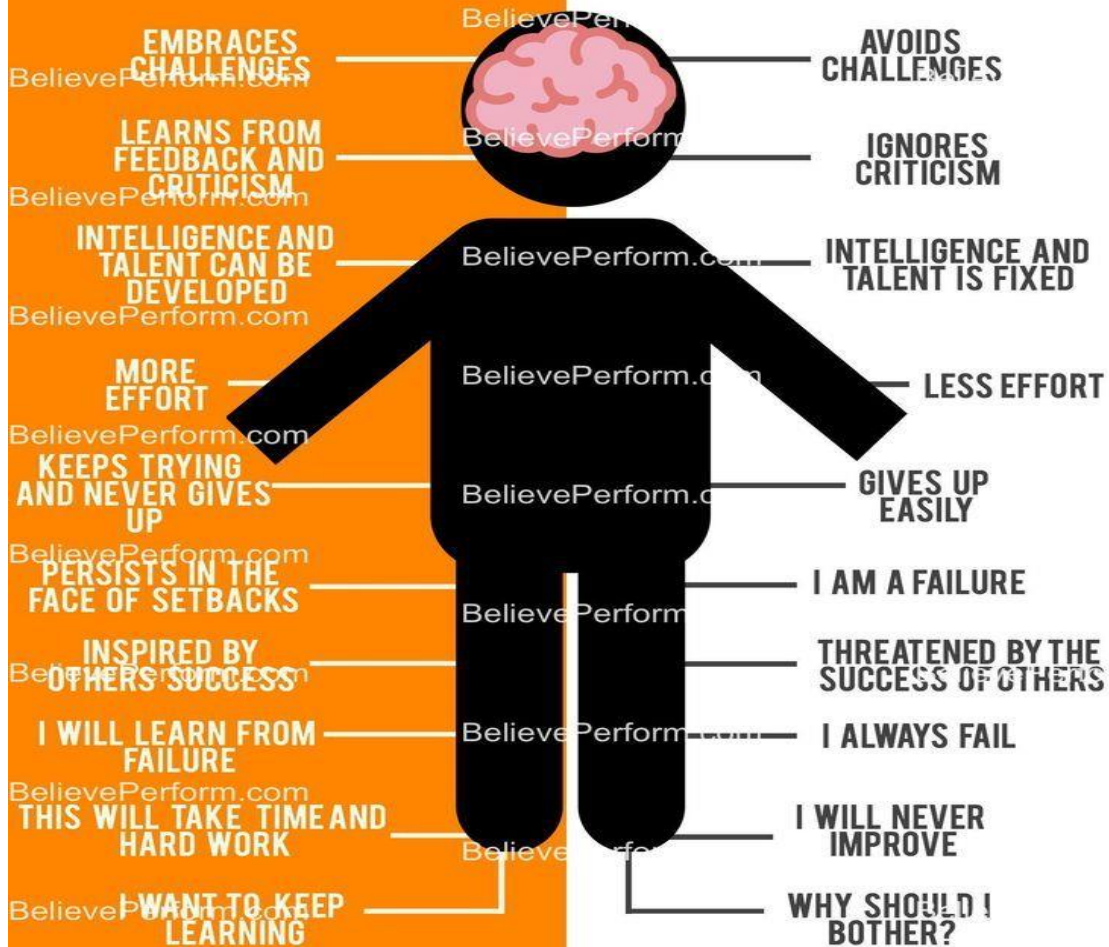
- ▶ “A **mindset** is a belief that orients the way we handle situations—the way we sort out **what** is going on and **what** we should **do**. ...”



GROWTH MINDSET

VS.

FIXED MINDSET



Mindset Questions

The Growth Mindset:

"People believe... their talents and abilities can be developed through passion, education, and persistence.

For them...it's about a commitment to learning-taking informed risks and learning from the results, surrounding yourself with people who will challenge you to grow, looking frankly at your deficiencies and seeking to remedy them."

--Carol Dweck

- ▶ What is Your Current Self-Talk?
- ▶ What Are Some of the Words You Hear?
- ▶ Are They Words That Help? Not Help?

Arising Questions

- ▶ What have you done about this so far?
- ▶ What is the CULTURE of your team?
- ▶ Do you have MUSIC or a TYPE of MUSIC that describes your team?
- ▶ If you asked 10 people off the street to tell you the first thing that comes to their mind when you say - ????? What do you want them to say? Do you have the skills, resources, and energy to get them to that point?
- ▶ What kind of MENTAL TRAINING do you do with your athletes/team?
- ▶ What does your PEP TALK sound like?
- ▶ What is your COMMITMENT?

What is Mental Toughness?

Prior studies of mental toughness have defined it as:

- ◆ “the ability to cope with or handle pressure, stress, and adversity; an ability to overcome or rebound from failures; an ability to persist or a refusal to quit; insensitivity or resilience; and the possession of superior mental skills.”
- ◆ “Mentally tough athletes respond in varying ways which enable them to remain feeling relaxed, calm, and energized because they have learned to develop two skills:
 1. The ability to increase their flow of positive energy in crisis and adversity
 2. To think in specific ways so that they have the right attitudes regarding problems, pressures, mistakes and competition.”

mental toughness
is built on doing the thing
that is hard over and over
again, especially when
you don't feel like doing it.

~ Dr. Jim Afremow from "The Champion's Mind"

goggles & flip turns

How Addressed?

- ▶ Anchors
- ▶ Confronting the Team re: Leaders
- ▶ Yea But.... (“I’m not very good and have let you down.”)
- ▶ Leadership Council - tackling the tough topics
- ▶ Truth Chair - “I’m not worthy of being on this team.”
- ▶ Trust Walks/Circles/Falls/Cradles
- ▶ Motivational Videos
- ▶ Personal Shields - Warrior Image
- ▶ Changing “Language” - “Hate to Love”

TEAM BUILDING



TRUST CIRCLES,
WALKS, FALLS



WHAT IS YOUR
WHY?



“YEA BUT...”
CHAIR



“CHAIR OF
TRUTH”



STICKY NOTES

Affirmations

- ▶ “It’s funny how those negative thoughts end up in your feet.” Carl Lewis, **Nine** Olympic gold medals, one Olympic silver medal, and 10 World Championships medals, including eight gold.
- ▶ “The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk about with character and pride no matter what place you happen to finish.” Billy Mills, Olympic Gold Medalist
- ▶ Don’t envy the champion – BE the champion.
- ▶ “I learned that if you want to make it bad enough, no matter how bad it is, you can make it.” Gale Sayers, “Sweetness”, Chicago Bears

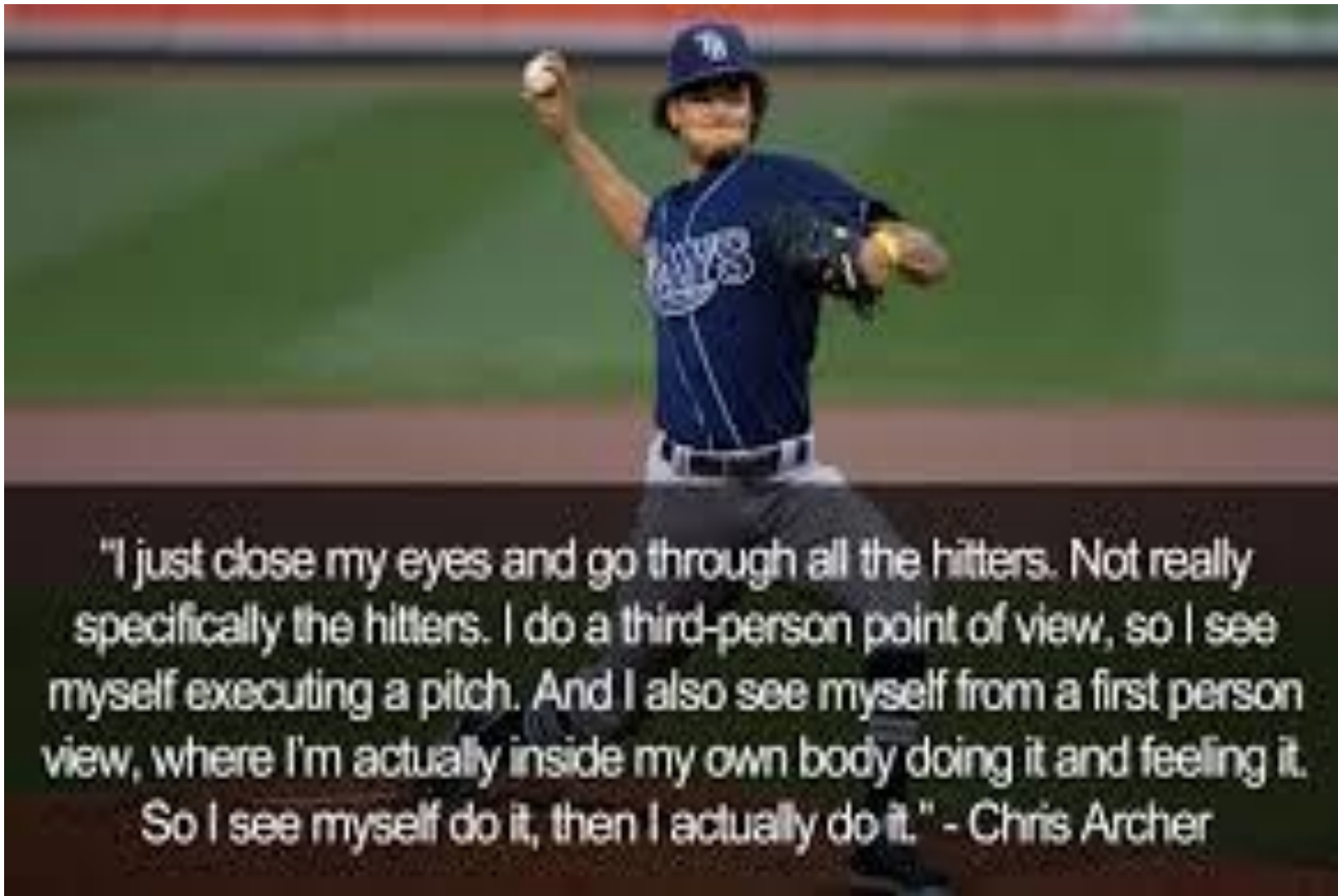
LIFE CHALLENGES -MENTAL HEALTH

- ▶ LAS VEGAS SHOOTING
- ▶ LOSS OF A CHILD TO SIDS
- ▶ PLAYER DIAGNOSED WITH LEUKEMIA
- ▶ ILL FAMILY MEMBER
- ▶ PARENTS DIVORCING
- ▶ NOT LIVING UP TO EXPECTATIONS
- ▶ DRUG USE
- ▶ ON THE FIELD “PANIC ATTACKS”
- ▶ INJURIES - GRADUATING

How Do You Visualize Yourself?

- ▶ What do you want to look like to your competition?
- ▶ How do you see YOURSELF?
- ▶ What is your “Fight Song”?
- ▶ How do you come on to the FIELD or COURT?





"I just close my eyes and go through all the hitters. Not really specifically the hitters. I do a third-person point of view, so I see myself executing a pitch. And I also see myself from a first person view, where I'm actually inside my own body doing it and feeling it. So I see myself do it, then I actually do it." - Chris Archer

WHAT DO YOU WANT TO LOOK
LIKE TO YOUR COMPETITION?









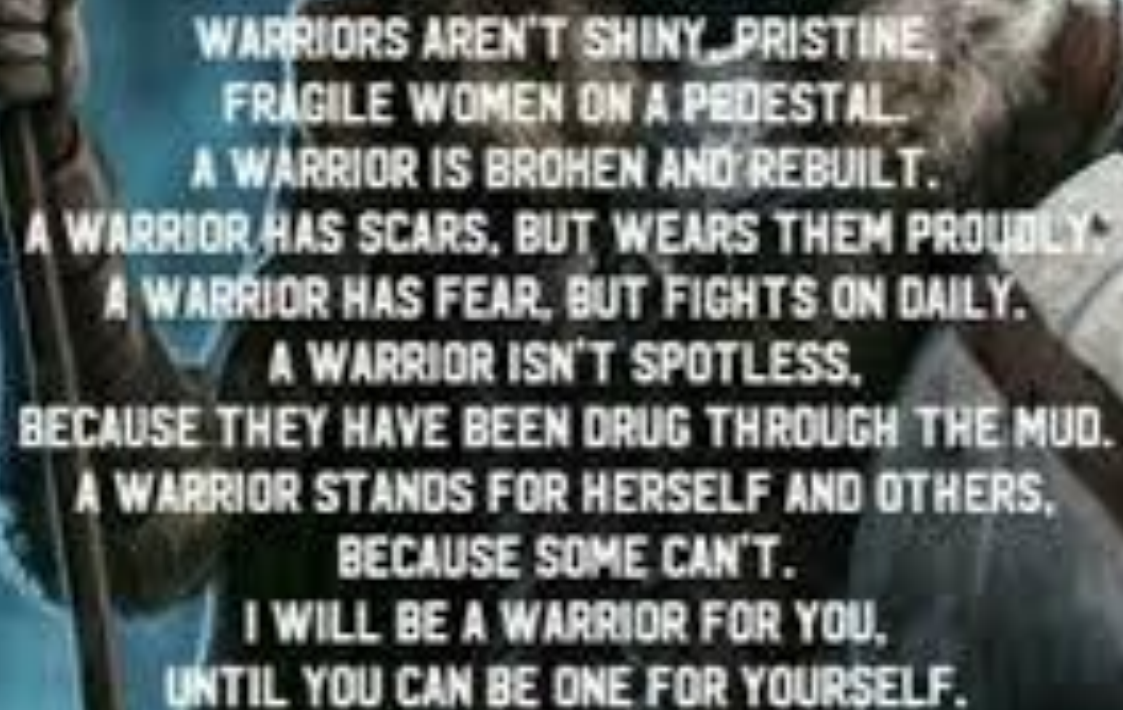
Sometimes
you need to
remind yourself
you're a warrior

and warriors
don't
give up.







A woman with long dark hair, wearing a dark turtleneck and a fur collar, holds a sword. She has a serious expression and a small scar on her cheek. The background is a misty, blue-toned outdoor setting.

WARRIORS AREN'T SHINY, PRISTINE,
FRAGILE WOMEN ON A PEDESTAL.
A WARRIOR IS BROKEN AND REBUILT.
A WARRIOR HAS SCARS, BUT WEARS THEM PROUDLY.
A WARRIOR HAS FEAR, BUT FIGHTS ON DAILY.
A WARRIOR ISN'T SPOTLESS,
BECAUSE THEY HAVE BEEN DRUG THROUGH THE MUD.
A WARRIOR STANDS FOR HERSELF AND OTHERS,
BECAUSE SOME CAN'T.
I WILL BE A WARRIOR FOR YOU,
UNTIL YOU CAN BE ONE FOR YOURSELF.

-RAMI-



Changing the Focus - Letting Go

- ▶ Are the NUMBERS the MOST IMPORTANT thing of your SENIOR year? Or HAVING FUN and still DOING YOUR BEST?
- ▶ (Entered the College National Finals in 3 Events - difficult enough to enter one! BE THE NATIONAL CHAMPION THAT YOU ARE! SEE IT! BE IT! And SMILE! Scares the SH*# out of everybody! Ended up 3rd Nationally in the Women's All Around as well as an Academic All American!)

SEVEN DOWN ARENAS,

WWW.SEVENDOWN.NET

SPEARFISH, SD



Becoming WHO Your Were Meant to Be!

- ▶ You are YOU and not LAST YEAR'S Hero. YOU ARE YOU AND YOU ARE THIS YEAR'S HERO who plans on leaving HIS OWN UNIQUE MARK.
- ▶ HARVEST your ENERGY and make it work FOR you - not against you. Keep the INTENSITY and see yourself EXPLODING through that line!
- ▶ Taking a MOMENT and appreciating YOURSELF and WHO YOU ARE!
- ▶ Gilmore rushed for 142 yards and scored 3 touchdowns in his FINAL game of his Senior year and commented that his satisfaction was in being able to “propel the guys under me to start the off-season on a good note.”





Some Questions for the Team

- ▶ Do You Want to Be “Barbies” or “Wonder Women”?
- ▶ What One Word My Mother Used to Fire Me Up?
- ▶ One Word to Describe What I Am Working on This Year?
- ▶ What Do I Need to Keep Me Going?
- ▶ What are My Strengths?
- ▶ How Do I Want to Be Remembered?
- ▶ Where Can I Use Some Support?







*Do not raise your daughter
to look for a knight.*

*Raise her to use the
sword herself.*



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