

Emotional Wellbeing : 19/04/2020

There are 2 kinds of problems in life

1. In our control
2. Not in our control

We must think about what is in our control and do the needful like training, watching videos, we have to strictly follow the govt instructions of social distancing.

We must talk everyday about that particular day..

Goals for a Day and stay positive.

Similarly like how we think about our bout while boxing in the ring.

Regular video calls with friends and colleagues.

Routined lifestyle should be followed keeping in mind about your sleep and wake up cycle, training time, eating habits.

We must not deviate from our focus.

Donot eat or take any other medicines without the knowledge of your Doctor.

Talk to the coaches regularly. To your doctor. Keep positivity. Relax...

Q: How to improve self motivation

A: Make goals, dont think about other's opinions, it comes from within

Q: How to control emotional stress?

A: Talk to friends and family and don't think about what others opinions are.

Q: How to help in forgetting past failures?

A: Take it as a lesson. Learn what your mistakes were and your good was. Attitude at the end of the day should be same, happy.

Q: How to control pressure from parents?

A: Listen little and ignore little and focus on your goal and performance.

Q: How to overcome fear of losing?

A: Remember I am the best.

Q: How to deal with Cheating and unfairness?

A: It's not in our control so don't think about that, so we can go ahead through proper channel or rules of the game.

Q: Regular mental exercises during training

A: self talk: use positive words

Reaction time: use drills

Focus: Shift in breathing or punching bag or sound for one minute each

Music

Q: Psychosocial aspects of rehabilitation.

A: Divert your mind on good things.

Q: Does mind training should have a schedule?

A: Ofcourse, it should be an integral part of training

Q: How to deal with favouritism?

A: Not in our control, so ignore , done your work.

