

Developing Mental Strength

To exhibit focus and concentration throughout the game you need to:

- Plan your strategy before the game starts – so you know what you're doing and are not distracted.
- Think about the result you want before the game and work out how you are going to get it – this will help you focus during the game.
- Focus your attention on each issue. Think of attention like a beam of light being directed to each issue that you look at. This will increase your focus on situations and also help to relax you.
- Approach each task with a single beam of concentration. Put all other irrelevant thoughts out of your mind. Concentrate solely on the task at hand and give it your full and undivided attention. Only those aspects which have a bearing on the task are in the beam of concentration.

To build and maintain a high level of energy you need to:

Eat well –Maintaining a sensible balanced diet will help you to maintain your energy levels. Your body breaks down the food you eat into glucose (blood sugar)—the body's main fuel—and sends a steady stream of it to your cells. To feel energized throughout the day, your blood glucose level should stay within a certain range. Not eating meals is one of the fastest routes to low blood sugar.

Make sure your meals include a mix of complex carbohydrates, such as grain products, fresh vegetables and fruits, beans, lentils and other legumes, protein, and some fat.

Sleep well – Getting a regular 7-9 hours sleep each night (together with a balanced diet) will ensure you are able to sustain your energy levels.

Play well– Keep fit. It is as important for you, as an official, to maintain a high level of fitness as it is for the players you are officiating. Take regular exercise but don't overdo it as this leads to injury and burn out.

Stay well – Stress is a sure fire way to kill your energy. One mistake people make in stress management is that they put off relaxing to a time when they can take a lot of time out. One of the most important things you can do for your energy levels is to reduce the amount of your day that you spend in negative emotion. How do you do this? Make sure you have small amounts of relaxation every day.

Ways to enhance your own self- esteem.

Every official goes into a game situation in a specific mental state. Their mental state affects how well they perform and if they achieve their performance results. Officials who are self-confident and believe in their abilities do well on tasks more often than those who are not self-confident or doubt their abilities.

A positive attitude and a high level of self-esteem are essential to superior performances. An official who has already experienced success in previous activities will enter into future performance situations with an expectation for future success.

The official must receive self-satisfaction from getting better at whatever he or she is doing. In this way, the Official will remain intrinsically motivated, will want to repeat the task again and again and increase their level of self-esteem.

We often negate or forget about the roles that commitment, desire, and passion play in performance improvement. Yes, these are types of emotions, and yes, they do have an effect on performance.

It's simple to build confidence - introduce one new skill at a time and as your confidence grows so will your self-esteem.

This approach guarantees success in raising confidence levels. It also helps create winning streaks. High levels of confidence and high levels of self-esteem start to cycle back on each other, with one producing the other in a seemingly endless virtuous loop.

Tips to gain respect for yourself and others

To gain respect for yourself you need to have a high level of self-awareness and be clear about your values.

All relationships work two ways.

Everyone you hope to build a strong relationship with wants to know:

- Is this person good at what he or she does?
- How will this person's work reflect on me?
- Does this person want what is best for me?
- Does this person understand my challenges?
- Is this a person I will like working with?
- Can this person be trusted?

Values and mutual respect are vital for building strong relationships. So how do you gain someone's respect?

Activity

Think about the person you most respect. This person might be a parent, a teacher, a former boss. Write down four or five qualities about that person. What are the significant traits of someone you respect?

- 1.
- 2.
- 3.
- 4.
- 5.

- We respect people who are appreciative, enthusiastic, modest, honest, and intelligent.
- We respect people who are trustworthy, refined, polite, and respectful.
- We respect people who are driven, committed, direct, fun, and unflappable
- We respect people who are genuine and caring, knowledgeable and interesting to talk to, good listeners, and well-rounded.
- We respect people who are competent, articulate, well-read, and humorous.
- We respect people who are reliable, positive, genuine, and caring.
- We respect people who are non-judgemental, loyal, who can resist temptation, and are courageous.

Certain qualities tend to come up again and again: dependable, honest, trustworthy, and respectful. Does the person you most respect have these qualities?

Your consistent and reliable actions and the way you interact with other people, the questions you ask, your knowledge of your sport, and the actions you take to build a relationship are the tools you use to gain respect.

Here are some tips you can use to gain respect:

- Do what you say you will do when you say you will do it, or say nothing.
- Be knowledgeable of your sport and share this knowledge with others
- Control your emotions; anger manages everything poorly.
- Be honest and straightforward.
- Be objective and avoid appearing biased.
- Be persistent, but never be aggressive.
- Be courteous to everyone.
- Seek to understand other people and their points of view.
- Do things that demonstrate your unselfish nature.