PERFORMANCE AND FATIGUE

Fatigue is the enemy of peak performance. When your body and mind are drained, your focus, reaction time, and decision-making suffer. Understanding how to manage fatigue can help you stay sharp, recover faster, and perform at your best—even when you're tired.

🔥 How Fatigue Affects Performance

🚨 Slower reaction times and mental fog
🚨 Poor decision-making under pressure
🚨 Increased risk of injury due to lack of focus
🚨 Reduced motivation and emotional control

🏆 Types of Fatigue & How to Combat Them

1️⃣ Physical Fatigue (Body Exhaustion)
Cause: Overtraining, lack of recovery, dehydration

✅ Solution: Prioritize rest days, active recovery, and proper hydration
✅ Fuel right: Eat high-protein, nutrient-rich foods to rebuild muscles
✅ Sleep well: 8-10 hours per night for full recovery

2️⃣ Mental Fatigue (Brain Burnout)
Cause: Stress, lack of sleep, too much screen time

✅ Solution: Take short mental breaks (5-10 minutes of deep breathing or mindfulness)
✅ Manage stress: Use visualization, journaling, or meditation
✅ Control distractions: Stay off social media before games to keep your focus sharp

3️⃣ Emotional Fatigue (Motivation Drain)
Cause: Pressure, negative self-talk, lack of confidence

✅ Solution: Reset your mindset with positive self-talk
✅ Find your 'why': Remember why you play and what excites you about your sport
✅ Lean on your support system: Talk to coaches, teammates, or mentors when feeling drained

⚡ Quick Strategies to Beat Fatigue & Perform at Your Best

✅ Hydrate & Fuel Smart: Drink plenty of water + eat balanced meals
✅ Train Smarter, Not Harder: Quality over quantity in workouts
✅ Use Active Recovery: Stretching, yoga, and light movement keep the body fresh
✅ Power Naps & Breathing Drills: A 20-minute nap/deep breathing can reset focus fast
✅ Mental Reset: If fatigue kicks in mid-game, take one deep breath, refocus on the present moment, and simplify your next action

🚀 Quick Performance Tip

When fatigue hits, don't push harder—recover smarter. Small recovery moments can make a huge difference in your performance.

🏆 **Bottom Line:** Managing fatigue is just as important as training. Listen to your body, fuel your mind, and stay locked in for long-term success.

ELEVATE • YOUR • GAME