

MASTER of your EMOTIONS

Attitude: the 5th skill



RESPECT

E4P
EDITIONS

An approach for all

This book was written to stimulate interest in self-awareness, and to highlight the connection between well-being and performance. It provides practical information on how to manage our emotions and our thoughts, using multiple approaches.

It is aimed at coaches, young players, educators and parents, in football but also in sport in general. It provides tools to help us exercise self-control in difficult situations.

Blue chapters

For everyone

Green chapters

For the youth

Purple chapters

**For parents
and coaches**

From theory to practice



A coach present throughout the book with international coaches and players who share their experiences with you.

Listening, self-esteem, stress, anger, relationships...

Direct access to 27 specific themes.



63 exercises

...to put into practice!



Created in 2002, **Education 4 Peace (E4P)** is a not-for-profit foundation whose mission is to inspire and support educational stakeholders, decision makers, institutions and international organisations to promote self-awareness, listening and empathy in their educational approach for future generations..

www.e4p.org



RESPECT

The **Master of your Emotions** programme is supported by the **UEFA** within its football & social responsibility programme **RESPECT**.

uefa.org/social-responsibility/respect



E4P initiative and editorial collection designed to promote **Attitude** as the **fifth skill** in football and in sport in general.

www.sport-attitude.org

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27 books in 1

Another way to read this book!

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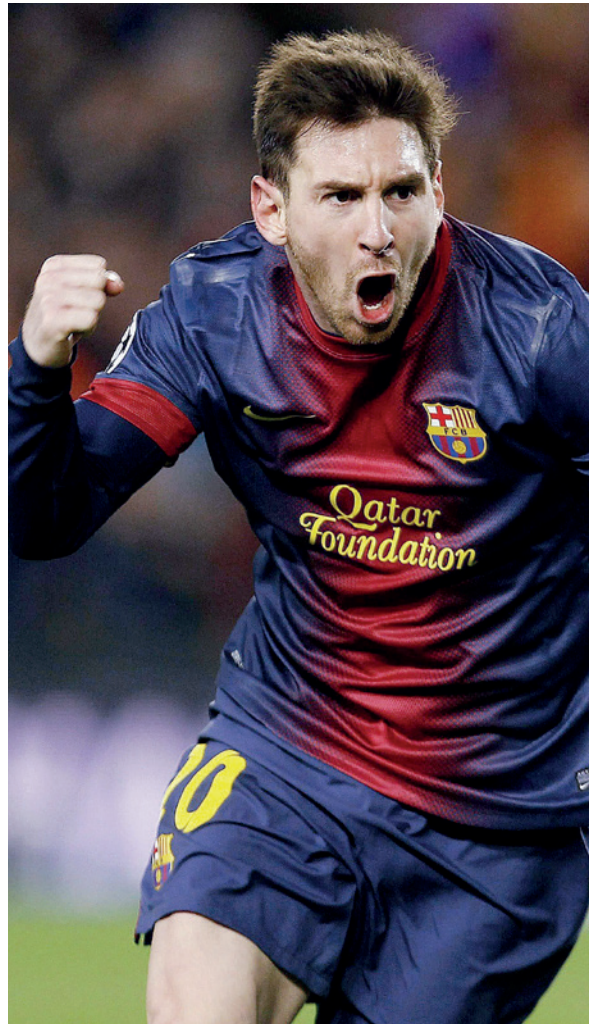
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EMOTIONS

RUN HIGH IN FOOTBALL!



“Self-discovery comes when man measures himself with an obstacle”

Antoine de St Exupéry

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Football, emotions and well-being

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How emotions affect performance

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Learning to master your emotions – it's like learning to master the ball!

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**We all want to be happy and we all want respect,
for ourselves and those around us,
in life as well as on the pitch**

But sometimes it's easier said than done ...

**What do I do when someone
doesn't respect me? How do I get
them to show respect without
resorting to violence?**



**What do I do when I get so
angry I can't control it?**

**What about you? Do you ever see red,
want to explode or actually lose control?**

Learning to be happy

We learn a lot at school, things that help us to progress and get a job.

The same is true of our spare time. We like to learn to do things that help our development and are fun.

But until now, far too little attention has been paid to teaching us how we function and what we can do to feel good about ourselves and others. This is something we have to learn on our own, by trial and error.

Yet knowing how to be happy and how to get on with others is just as important as all the rest.



"When the day comes when societies give even the youngest individuals as much information about who they are – the mechanisms that allow them to think, desire, be happy or sad, calm or anxious; in short, what allows them to live – as they

give information on the most effective way to produce goods, ... the daily lives of individuals will be transformed."

Henri Laborit, 1976
French physician, writer and philosopher

Times are changing.

We now have this knowledge, and it's available to everyone. We now talk about well-being, emotional health and so on.

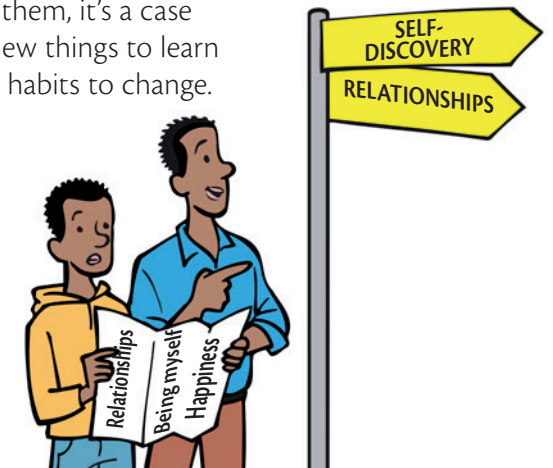
Young people today have the privilege of being able to acquire such knowledge early in life.

Adults are making these discoveries too.

For them, it's a case of new things to learn and habits to change.



**SELF-
DISCOVERY IS
ONE OF THE GREAT
ADVENTURES OF THE
21ST CENTURY.**



HOW CAN WE DEVELOP OUR EMOTIONAL INTELLIGENCE?



“The empire of man is internal”

Antoine de St Exupéry

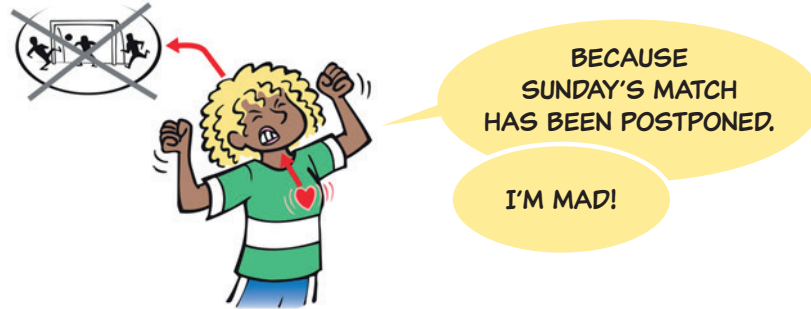
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Our emotions tell us what is important to us...

We think that how we feel
has some external cause.



But in fact, even if an emotion
is triggered by an external
event, how we feel comes
from something inside us.



This becomes clearer when
the same external cause
triggers different feelings.



And suddenly, this completely changes
our way of thinking and talking about things.
It's one of the keys to changing from a reptilian
footballer into a thinking footballer.



...they tell us what we really need

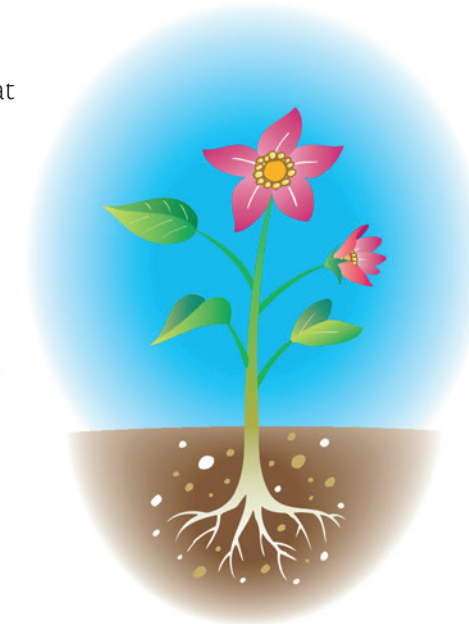


EVERY LIVING BEING NEEDS CERTAIN THINGS
TO SURVIVE AND FLOURISH, AND WE HAVE
TO PAY ATTENTION TO THESE BASIC NEEDS.

Also in nature, everything that
lives has needs. For example,
a plant needs:



light, heat



food



water

All plants have these needs, but not to the same
extent. Each plant is unique: some need more
shade, others more sun; some need a lot of

water, others less. A gardener pays attention to
each plant's needs and to the signs they show.

If a plant's needs have
been met, it shows and
the plant thrives.



If its needs have not
been properly met,
this also shows.

Washing away stresses and strains

to release tension and sleep well

Cleansing your body

If you've been playing football, have got all sweaty and go to bed without taking a shower, you don't feel good and don't sleep well.

But if you have a good shower, you feel better when you go to bed and you get a better night's sleep.

If you're muddy, you lather up and have a good scrub-down. If you're not too dirty, a rinse-down will do.



7 Cleansing your emotions

We build up a lot of tension over the course of the day due to the stresses of everyday life. If you go to bed like that, you'll probably not sleep as well as you could.

A relaxation session before going to bed helps us to release tension and helps you sleep better.

If you're very tense, whether physically or mentally (you might be anxious or stressed the night before a big game, for example, or over-excited), try the tensing and relaxing exercise.

(See page 68)

If you're just a little bit tense, gentle movements will probably be enough. (See page 69)



8 A total relaxation session to help you get to sleep:

When you're in bed, after you've washed away your stresses and strains with one of the two exercises we've just seen, you can continue your relaxation:

- feel your abdominal breathing.

Put your hands on your stomach, just below

your belly button, and focus on what you can feel (your hands touching each other, the feel of your clothes or skin, the rise and fall of your stomach as you breathe in and out).

- Let a feeling of calm, well-being and accomplishment descend over you. Notice how it feels. Breathe in that sense of well-being, and then breathe out gently, imagining the well-being circulating inside you, around every part of your body.



HAVE YOU NOTICED THAT IF YOU HAVEN'T SLEPT WELL, YOU'RE MORE IRRITABLE AND YOU DON'T PLAY SO WELL?

KNOWING HOW TO SLEEP WELL WHATEVER'S GOING ON IS ONE OF THE KEYS TO WELL-BEING, SELF-CONTROL AND PERFORMANCE.



PARENTS AND COACHES

This part is specifically for you. Please take the time to read through the other parts, which have been written for the youngsters, because they include a lot of information that's also important for you and won't be repeated here.



“All grown-ups were once children although few of them remember it”

Antoine de St Exupéry

3.1

Teaching today

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The keys to respectful communication for well-being and performance

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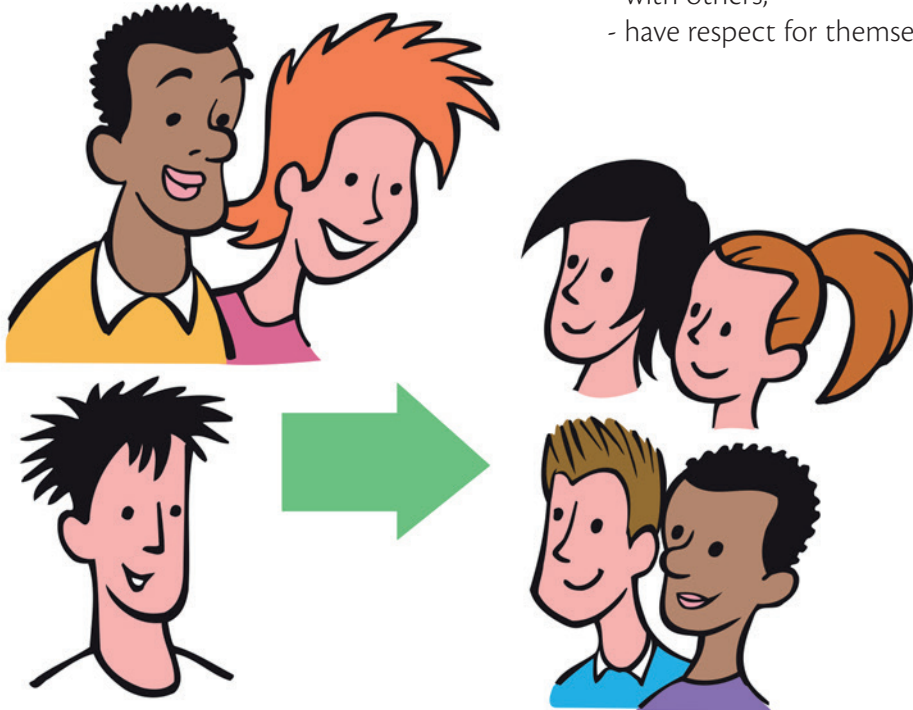
Teaching with respect to teach respect

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Our teaching objectives

Whether we're parents or coaches, we want the best for our children or the children in our care. Broadly speaking, we all have the same teaching objectives, namely that the children:

- are happy,
- are self-confident,
- are independent and responsible,
- find their place in life,
- acquire the skills to be successful in life,
- are comfortable in their relationships with others,
- have respect for themselves and others.



CAN YOU RELATE TO THESE OBJECTIVES?

WE ALL HAVE VALUES THAT ARE ESPECIALLY IMPORTANT TO US, THAT WE HOPE WILL SHAPE OUR LIVES AND THAT WE WANT TO PASS ON.

WHAT ARE YOURS?



Football is one way to meet your teaching objectives.

We want young people to enjoy:

- the ball and the game,
- being with their friends,
- the general atmosphere.



We want this to help them to:

- feel fulfilled,
- express themselves through an activity,
- put their energy to good use,
- discover what they're capable of,
- develop their skills,
- develop their self-confidence.



We want them to learn life skills:

- the value of effort, perseverance,
- the value of team spirit,
- respect for themselves and their bodies,
- respect for others,
- respect for rules,
- respect for material things and places.



SO HOW SHOULD WE ACT ON A DAY-TO-DAY BASIS IN PURSUIT OF THESE OBJECTIVES?

LET'S HAVE A LOOK AT A FEW IDEAS!

