



# Why is Mental Health Important?

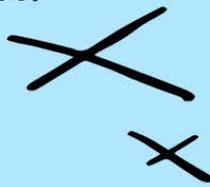
*Because performance and well-being are connected.*

Speech and debate is intense.  
High stakes. Tight schedules.  
Constant evaluation.

Stress impacts **focus, memory, confidence,** and enjoyment.

Prioritizing mental health is not a weakness—it is a competitive advantage.

**Performance matters.  
You matter more.**



# Affirmations

## Before a Round

I have prepared. I am ready to perform.

I speak clearly, confidently,  
and with purpose.

## During a Round

I focus on what I can control right now.

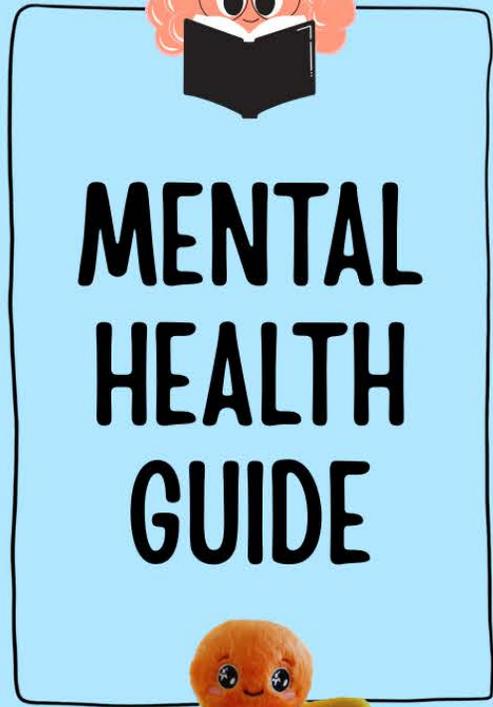
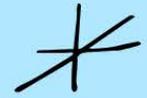
I can pause, breathe, and continue.

## After a Round

I release the outcome and focus on what I can learn.

Every round improves my skills.

**Remember: Your coaches, teammates, friends, and family are here to support you.**



**Tools for Focus, Confidence, and Resilience**



# Strategies

Tools built for speech and debate competitors, including:

## Mindfulness and Self-Care

Preparing mentally before, during, and after tournaments

## Quick Calm Tools

Breathing and grounding resets for high-stress moments

## Affirmations

Competition-specific mindset support for every stage of a round

## Music and Mood

Playlists to calm nerves, boost confidence, or lock in focus

## Advice from Champions and SLC

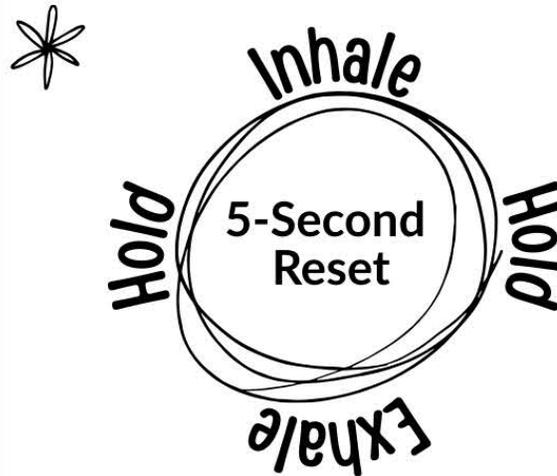
Real strategies used by national champions and student leaders

## Reflection and Growth

Simple ways to learn from rounds without self-criticism

# Students

## Tournament Reset Guide



If you feel...	Try this...	Purpose
Heart Racing	4-7-8 Breathing	Calm your body and regain control.
Feeling Jittery	Box Breathing	Create a steady rhythm for focus.
Overthinking	3-3-3 Rule	Refocus on the present moment.
Restless Energy	Feet Grounding	Release energy quietly.
Pre-Round Anxiety	Fidget Object	Stay relaxed between rounds.

# Website



QR Code for Interactive Module

Explore the module and build your personal mental-health toolkit

Tools for confidence, focus, and long-term mental health

Built by competitors, for competitors