**PHED3 – Homework task**

**Put together a Prezi Presentation to cover the following:**

**Title: Controlling anxiety**

1. different types of anxiety - somatic; cognitive,  trait and state
2. measuring anxiety – observations;  questionnaires; SCAT, STA1, CSAI 2, physiological measures
3. cognitive techniques - imagery, mental rehearsal  and stress management, attentional control and cue utilisation, thought stopping, self-talk
4. somatic techniques – biofeedback, centering, breathing control and muscle relaxation
5. goal-setting – characteristics of effective goal setting.

Include YouTube clips and appropriate visuals

Once completed email to:

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