



**JUNIOR  
FOOTBALLER  
CALM &  
CONFIDENCE  
CARDS**

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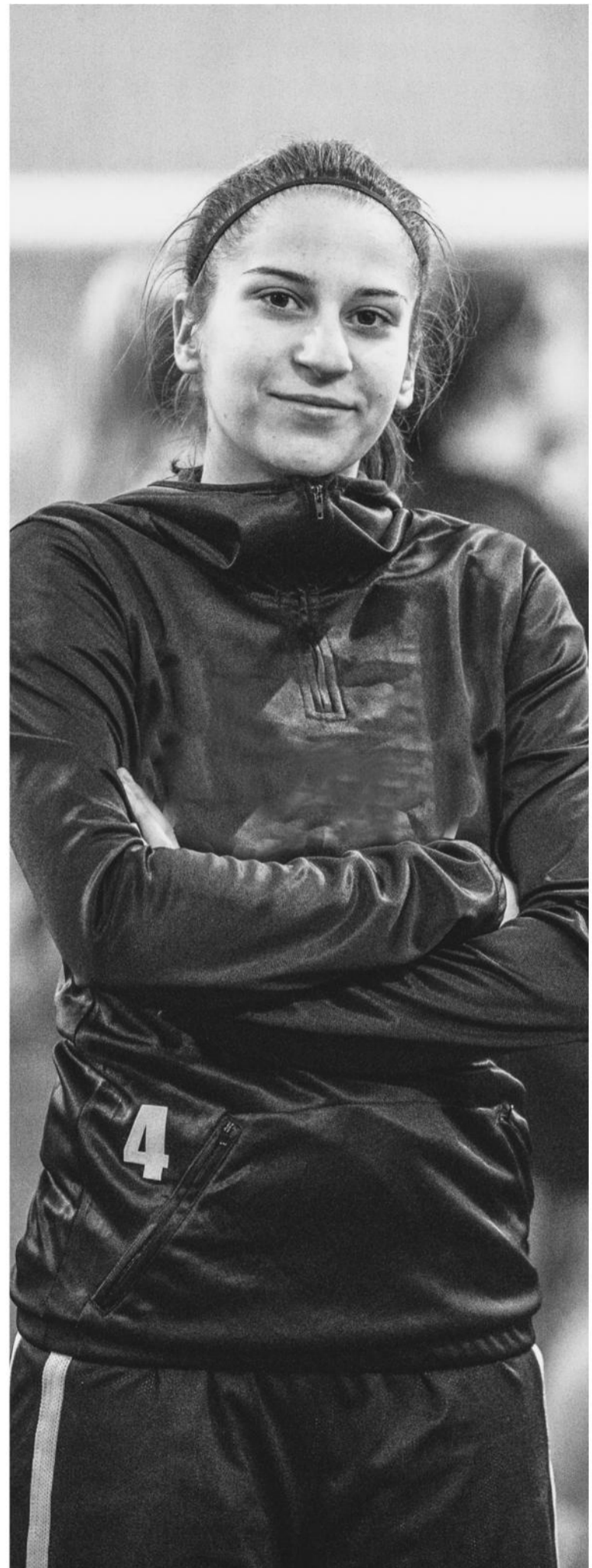
# JUNIOR FOOTBALLER CALM & CONFIDENCE CARDS

Welcome to the Junior Footballer Calm & Confidence Cards, a simple toolkit designed for junior footballers, who may experience feelings of anxiety or overwhelming emotions.

Whether gearing up for a game or navigating everyday life, these flashcards aim to empower junior footballers with immediate, easy-to-understand strategies to cope with anxious feelings.


These flashcards contain a series of 30 straightforward statements that can help focus and calm anxious feelings. They are designed to be visually appealing with large fonts making them easy to read, especially during moments when a junior footballer might feel overwhelmed.

This booklet is available in PDF format, allowing you to download it and access it anytime it is needed, whether at home or out on the pitch.



**Danny Matharu**  
Founder  
The Football Mental Health Alliance

**I KNOW I CAN DO  
THIS IF I JUST STOP  
AND BREATHE.**



I am strong  
and I can cope  
with this.



**THIS IS CHALLENGING AND  
UNCOMFORTABLE, BUT IT IS  
ONLY TEMPORARY**



**It's ok to feel like  
this; this is a  
normal emotion.**

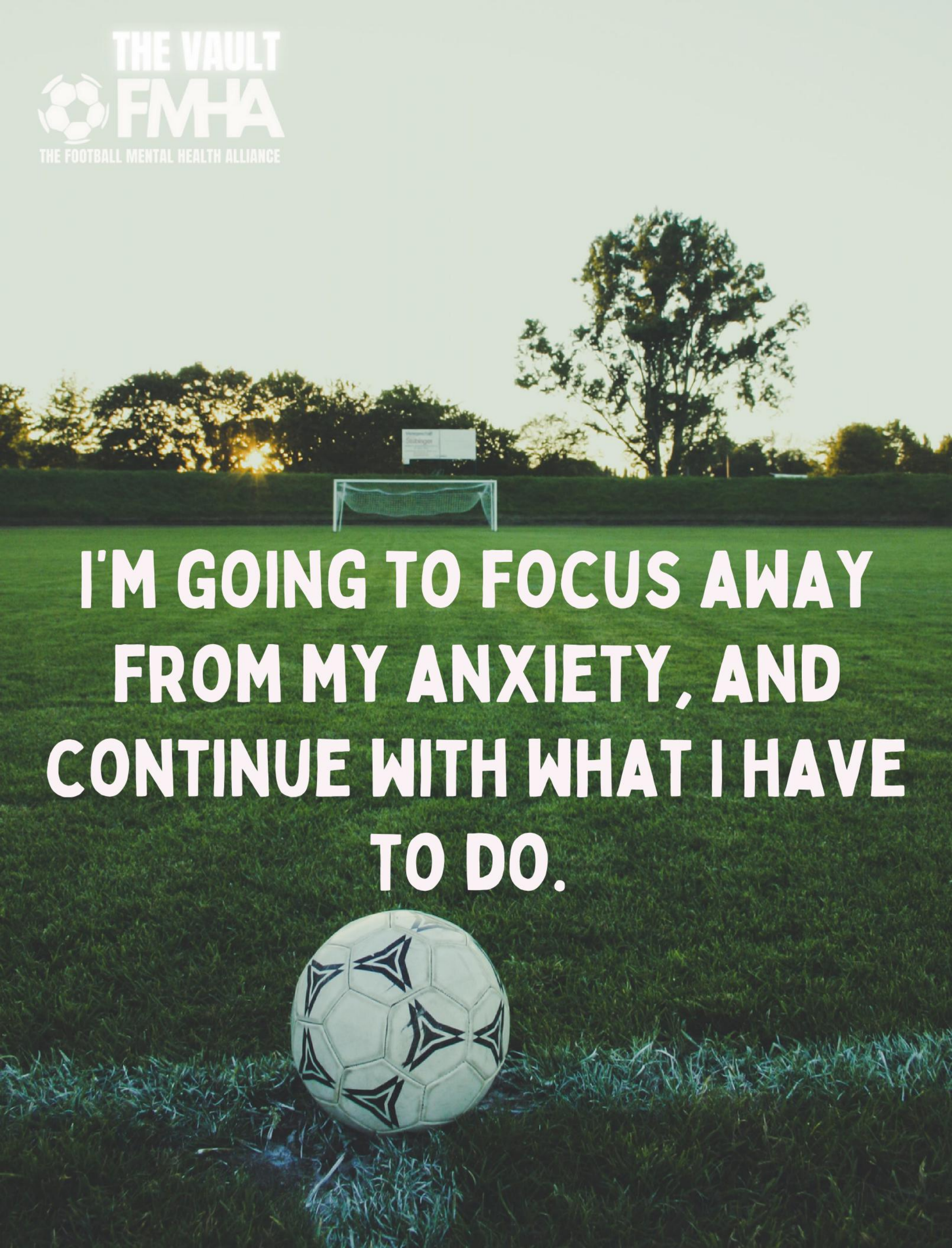


**MY THOUGHTS ARE ONLY  
THOUGHTS.  
THEY ARE NOT  
NECESSARILY TRUE.**



**I choose to see this challenge as a learning opportunity.**



A photograph of a soccer field at sunset. In the background, a goal is visible with a sign on top. The sun is low on the horizon, creating a warm glow. In the foreground, a soccer ball with a black and white pattern is resting on the grass.


**I'M GOING TO FOCUS AWAY  
FROM MY ANXIETY, AND  
CONTINUE WITH WHAT I HAVE  
TO DO.**

**I HAVE A  
TOOLBOX OF  
COPING  
SKILLS  
WHICH I CAN  
USE TO GET  
THROUGH  
THIS.**




**I'M JUST GOING TO RELAX, CALM  
DOWN, AND EVERYTHING WILL BE  
ALL RIGHT.**





**ANXIETY IS  
JUST MY  
BRAIN TRYING  
TO KEEP ME  
SAFE.**



**IT'S OK TO FEEL  
AWKWARD OR  
NERVOUS.**



**I'M GOING TO TAKE SOME  
NICE DEEP BREATHS AND  
KEEP MOVING FORWARD.**


**THIS FEELING IS  
UNCOMFORTABLE BUT  
NORMAL.**



**I DON'T NEED TO  
FOCUS ON THIS  
FEELING OR TRY AND  
WORK IT OUT.**







**I WILL LEARN FROM THIS  
EXPERIENCE, EVEN IF IT  
SEEMS CHALLENGING  
RIGHT NOW.**

**I HAVE FEELINGS THAT I  
DON'T LIKE, BUT THEY WILL  
BE OVER SOON AND I WILL  
BE FINE.**



**I allow this feeling  
to be here, knowing  
that it will soon  
pass.**

**THIS  
FEELING IS  
MY  
REMINDER  
TO SLOW  
DOWN AND  
BREATHE  
DEEPLY.**


**ANXIETY IS NOT THE  
BOSS. I AM IN CONTROL  
OF MY THOUGHTS AND  
FEELINGS.**



**THE VAULT**  
**FMHA**

THE FOOTBALL MENTAL HEALTH ALLIANCE

**I FEEL THIS WAY BECAUSE OF  
MY PAST EXPERIENCES, BUT I  
KNOW I AM SAFE RIGHT NOW.**

A soccer ball with white, black, and gold patterns is positioned on a green artificial turf field. The ball is slightly off-center to the left of the frame.

**I AM  
SCARED  
AND  
ANXIOUS,  
BUT I CAN  
HANDLE  
THIS. WHEN  
THIS IS  
OVER, I'LL  
FEEL GLAD I  
COPED.**

I CAN BE ANXIOUS  
AND STILL FOCUS  
ON WHAT I HAVE  
TO DO.



**I CAN COPE WITH THIS.  
IT MAY SEEM HARD NOW,  
BUT IT WILL BECOME  
EASIER.**

I WON'T ALWAYS  
FEEL  
COMFORTABLE  
AND THAT'S OK.



**THIS IS JUST A  
THOUGHT, NOT A FACT.  
I'VE STOPPED MY  
NEGATIVE THOUGHTS  
BEFORE AND I CAN DO  
IT AGAIN.**



**I CAN'T CONTROL WHAT OTHER  
PEOPLE DO, SAY OR THINK.  
I CAN ONLY CONTROL ME.**



I CAN  
LEARN  
FROM THIS  
AND IT WILL  
BE EASIER  
NEXT TIME

Anxiety is not

dangerous,

it is just

uncomfortable.

**I'VE GOT THROUGH  
DIFFICULT SITUATIONS  
BEFORE, SO I KNOW I CAN  
DO IT AGAIN.**

I am safe and

I'm going to

be alright.





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