

# PARENTING FOR OPTIMAL PERFORMANCE:

## SESSION 1 - EMOTION MANAGEMENT (RESOURCES)

Emotion Management

Communication

Promoting Well-Being

Effective Boundaries

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### Books

- **Permission to Feel by Mark Brackett, Ph.D.**
  - Emotions as data, also importance of naming emotions to manage them
- **The Emotional Lives of Teenagers by Lisa Damour, Ph.D.**
  - A good readable resource, including how adolescent brains are different
- **Mindfulness and Acceptance in Sport edited by Kristoffer Henriksen, Ph.D., Jakob Hansen M.Sc., & Carsten Hvid Larsen, Ph.D**
  - An academic resource for helping athletes use strategies of mindfulness to improve performance

### Articles/Links

- Lowe, K., Dorsch, T. E., Kaye, M. P., Arnett, J. J., Lyons, L., Faherty, A. N., & Menendez, L. (2018). Parental Involvement Among Collegiate Student-Athletes: An Analysis Across NCAA Divisions. *Journal of Intercollegiate Sport*, 11(2), 242-268. <https://doi.org/10.1123/jis.2018-0028>
- **How deep breathing reduces the stress response**
  - <https://www.respiratorytherapyzone.com/deep-breathing-reduces-stress/>
- **What gives Elite Athletes the Edge? TEDx Odense Talk by Janne Mortensen**
  - [https://www.ted.com/talks/janne\\_mortensen\\_what\\_gives\\_elite\\_athletes\\_the\\_ed](https://www.ted.com/talks/janne_mortensen_what_gives_elite_athletes_the_edge)  
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