

HEAD GAMES

Q: When I lose a game I freak out, then act like it never happened. How can I handle losing better?

A: Defeat and loss, though painful and unavoidable, can be cornerstones of success. From that perspective, my prescription is simple: when you lose, be a man, not a guy.

Overcome your need to escape pain as quickly as possible. Try and understand which emotion caused your reaction. Once you pinpoint it, justify it. In most cases, you'll be validated for the way you feel and that'll help ease the pain. Finally, move on and grow. Maybe **your reaction showed you a weakness** in yourself, so try to change and improve on it. Bottom line: being able to turn setbacks, defeat, and loss into applied knowledge is the ultimate key to becoming a better, more successful, person.



Richard Monette is the psychology consultant and executive coach for the Canadian senior men's rugby team.

BY THE TIME WE'RE TEP