

HEAD GAMES

Q: How can I bring myself to deal with irrational fears about work, my love life, taxes—issues I know aren't going away?

A: To turn around irrational fear, you need to reprogram the way you react to stressful triggers. First, **make a plan.** Write down how you react to certain triggers, why you react that way, and how you'd like to react instead. By breaking down your fears you'll discover why they scare you. The next step is to **reprogram.** When you're faced with a fearful situation, you freeze because you've programmed yourself to freeze. Instead, concentrate on your breathing and try to visualize a place you associate with calm and serenity—the beach, the mountains, or your hometown. The third step is to **practice and improve.** Once you recognize the onset of your irrational fears, you'll eventually reprogram yourself to react more proactively.



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