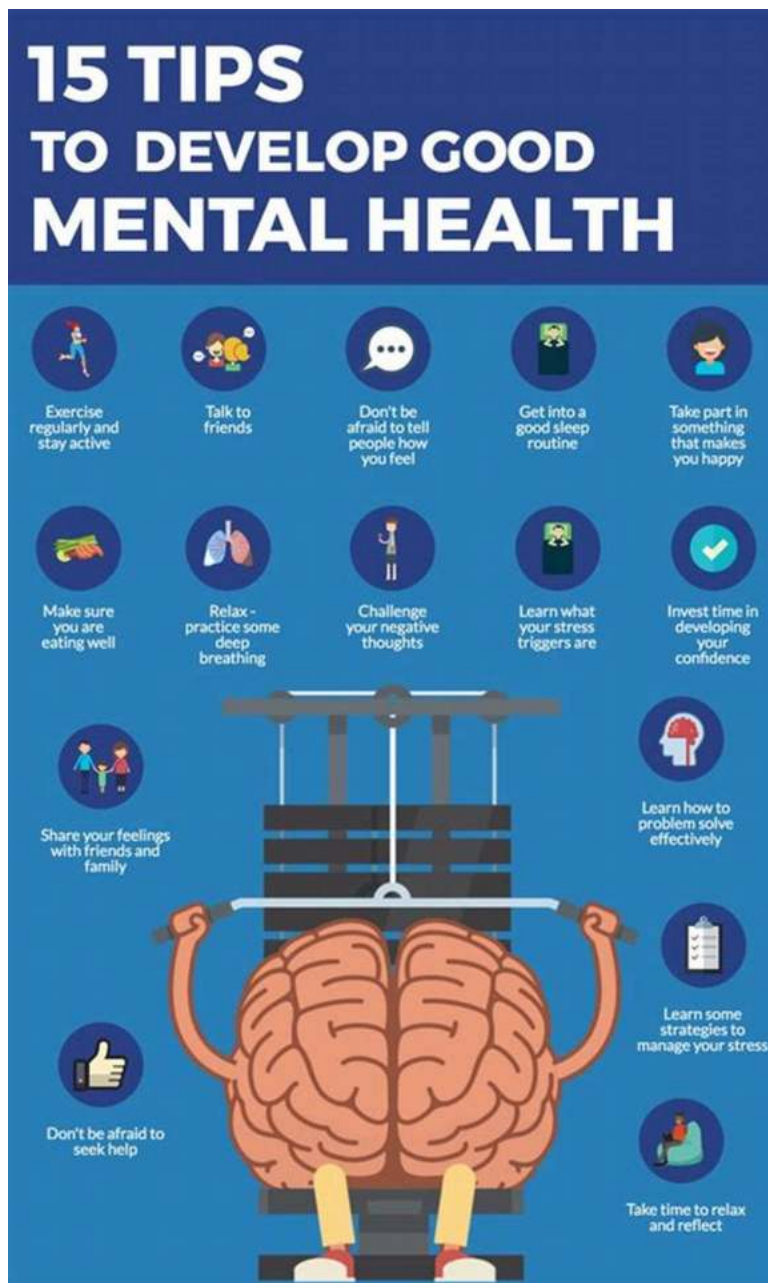


# What I Learned During My Time as the Shrink to The NY Jets: How to Achieve

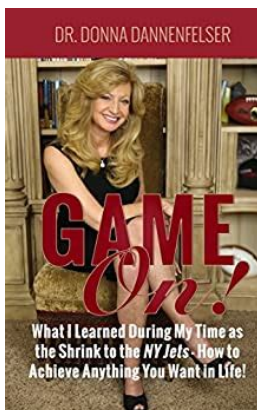


Being the team psychologist for the legendary NY Jets was both a challenging and rewarding experience. Working closely with the players and coaches, I had the opportunity to gain valuable insights into the intricate world of professional football and how psychology plays a crucial role in achieving success. In this

article, I will share some of the valuable lessons I learned during my time as the team's shrink and how these insights can be applied to help individuals achieve their goals.

## 1. Embracing Mental Health Strategies

In the fast-paced and competitive world of professional sports, mental health often takes a back seat. However, it is essential to recognize the importance of mental well-being in achieving peak performance. Just like physical fitness, mental fitness can be cultivated through various strategies such as mindfulness, visualization, and positive self-talk. By incorporating these techniques, individuals can develop a resilient mindset that enables them to overcome challenges and achieve their goals.



### Game On!: What I learned during my time as the shrink to the NY Jets - How to Achieve Anything You Want In Life! by Dianne Harman (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 5267 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 204 pages
Lending	: Enabled



## 2. Dealing with Pressure and Performance Anxiety

The pressure to perform at a high level can take a toll on athletes' mental health. As the shrink to the NY Jets, I witnessed firsthand how performance anxiety can

affect even the most talented individuals. Learning how to manage stress, enhance focus, and maintain composure is crucial in navigating the demanding world of professional sports. By implementing techniques such as deep breathing exercises, cognitive reframing, and visualization, athletes can effectively cope with pressure and optimize their performance.

### **3. Cultivating a Winning Mindset**

One of the most vital lessons I learned during my time with the NY Jets is the significance of cultivating a winning mindset. Success starts from within, and athletes must believe in their abilities, set clear goals, and develop a strong work ethic. Moreover, maintaining a positive attitude, learning from failures, and practicing perseverance are essential elements of achieving greatness. The power of the mind cannot be underestimated, and with the right mindset, individuals can overcome obstacles and reach unparalleled heights.

### **4. Building Resilience and Emotional Intelligence**

Athletes face numerous challenges and setbacks throughout their careers, including injuries, criticism, and intense competition. Building resilience and emotional intelligence is essential in bouncing back from adversity and maintaining mental well-being. Developing emotional awareness, learning healthy coping mechanisms, and surrounding oneself with a supportive network can help athletes navigate the ups and downs of their journey. Resilience and emotional intelligence are powerful tools in achieving long-term success and personal growth.

### **5. Harnessing the Power of Teamwork**

Success in professional sports is not solely dependent on individual talent but also on effective teamwork. As the shrink to the NY Jets, I observed how teamwork can create a harmonious and supportive environment that propels

individuals towards their goals. Teamwork fosters trust, communication, and collaboration, enabling athletes to maximize their potential and achieve extraordinary results. Recognizing the strengths of each team member, promoting a positive team culture, and fostering a sense of unity are vital ingredients in achieving collective success.

Working as the team psychologist for the NY Jets taught me invaluable lessons about the power of psychology in achieving success. By prioritizing mental health strategies, managing pressure, cultivating a winning mindset, building resilience, and harnessing the power of teamwork, individuals can excel in any field. Whether you aim to achieve greatness in sports or any other area of life, understanding and implementing these psychological insights can make a significant difference in your journey. So, take charge of your mental well-being, embrace these strategies, and unlock your true potential for achievement!



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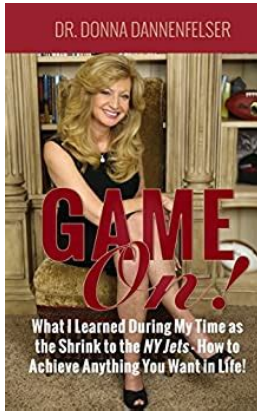
Life is a lot like sports, as author Dr. Donna Dannenfels will attest to in her book about how she left a world behind to go after a dream. A dream that many told her was impossible. She began her journey as a young mother of three on Long Island, without any money and a psychology degree that she couldn't do anything with, and wound up as the mental health clinician to the NY Jets. This led to her creating the hit TV series, "Necessary Roughness" in 2011," which was based on her life, accomplishing this without an agent or a manager. Many have asked her how she did it. Dr. Donna takes you on her journey as she describes the ten things she learned along the way and how she has now turned them into 10 core beliefs that anyone can use to achieve their goals. "Dreams do come true if you believe," is her mantra. "Changing your thoughts will change your life" is her truth.

This book chronicles Dr. Donna's path, her struggles and disappointments, along with her successes and synchronistic happenings that presented themselves at just the right moments. Combining that with the belief she had in herself, the people she put on her team, and her intense desire to follow the road less traveled, she not only achieved her goals, she is able to leave the world just a little bit better than she found it by empowering others to live their best lives and not settle for anything other than their personal greatness.

If you're looking for permission to break out of a situation that you can no longer tolerate, or you seem unfulfilled with what you're doing and have been disappointed by life in general, the 10 core beliefs in this book and the events that led to the acknowledgment of them can help you. You are never too young, nor too old, nor too poor, nor too challenged to make changes in your life and go after a dream.

Game On!: What I Learned During My Time As The Shrink To The NY Jets, will reveal how to figure out what makes you happy, along with the process for

making it happen. In Donna's words, "If I can do it, anybody can do it. Now let's get started!"



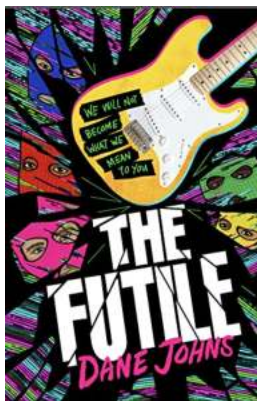
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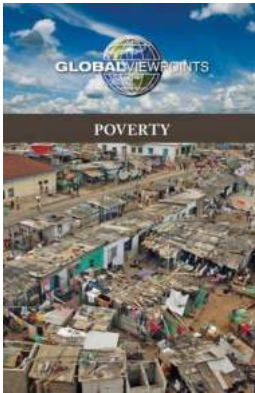
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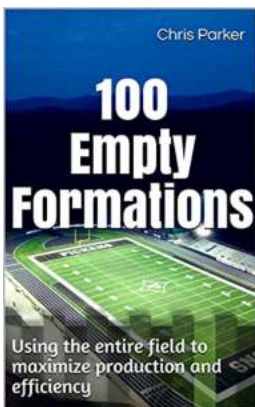


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