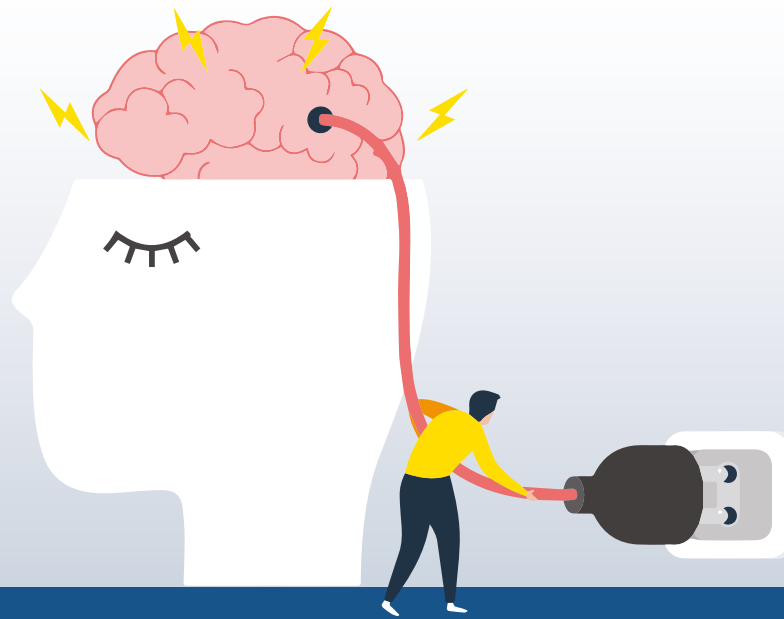


# PERFORMANCE DECOMPRESSION

## What is Performance Decompression?

A return to a normal, more relaxed state, after a period of intense stress, psychological pressure, or urgent activity.

**Performance Decompression consists of four phases:**



### Hot Debrief



### Time Zero

Taking a break shortly after the event to live in the moment, ride the wave and connect with others.



### Process the Emotion

Making sense of the emotion surrounding the event in a guided conversation.



### Performance Debrief

## This approach will help individuals:

1. Reset quicker, to go again
2. Avoid maladaptive responses
3. Make sense of the experience for an effective Performance Debrief

Many people at the UKSI and across the high-performance system are trained in Performance Decompression and can deliver Process the Emotion conversations - the Sport Psychology and Performance Lifestyle teams are all trained.