

## Reducing Anxiety in Elite Athletes: The Effects of Implementing a Moderate Running Regimen, a Literature Review

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**Abstract :** Anxiety is an emotional response that many, if not all, elite athletes struggle with on a daily basis. Recently, attention has been drawn to the strong need for athletes to receive mental training in order to help remedy the situation. The conceptual paper explores the effectiveness of a mental training component, based on the anxiolytic effects of exercise by investigating the positive relationship between physical activity and mental health through a comprehensive literature review. The review synthesizes pertinent research regarding the need for mental skills training among elite athletes and the anxiolytic effects of exercise. The paper concludes that with clear positive results from further experimentation with a (moderate intensity) running regimen, a wide range of elite athletes experiencing anxiety problems may have a viable solution.

**Keywords :** anxiety, mental training component, anxiolytic effects, elite athletes, moderate intensity running, mental skills training, running regimen

**Conference Title :** ICSEP 2017 : International Conference on Sport and Exercise Psychology

**Conference Location :** Vancouver, Canada

**Conference Dates :** August 07-08, 2017