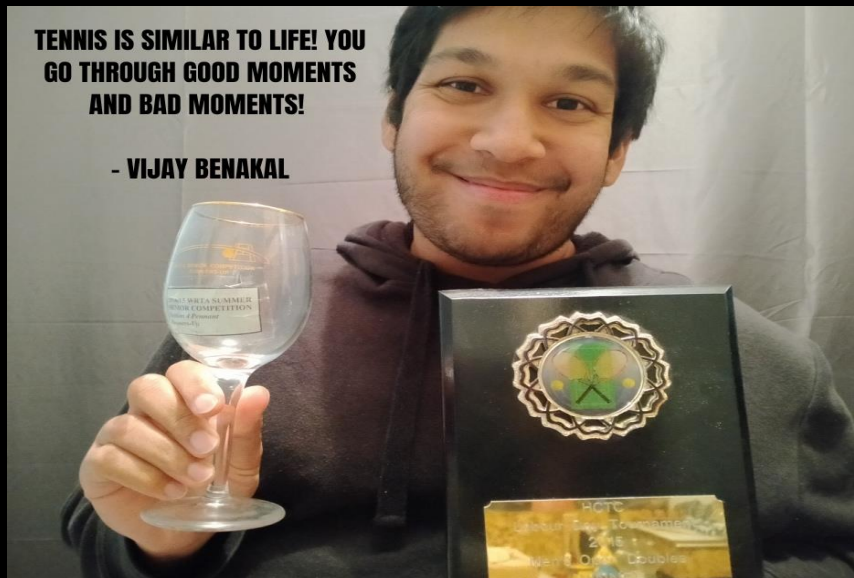


# **VIJAY'S TENNIS BLOGS**

## **EMOTIONAL AND MENTAL JOURNEY OF TENNIS**



**We all know that Tennis has evolved over the last 40 years of the sport, becoming more technical, tactical and physical than ever before. Let us talk about how the sport affects us emotionally and how it challenges our mindset. Some of us are calm under pressure, while others find it difficult to cope.**

**Let us understand some of the following points why some of us find it a huge challenge today on a competitive level:**

- Many Players have higher expectations for themselves to succeed in their performance, worrying about whether or not they can achieve their next level than the current level. The more expectations we have, the more pressure we have and the higher our chance to fail.**
- Personal life can get in the way of your Tennis, even your work and other things in life you enjoy. For example, how much time you have with family, social life, marriage or relationship, low income, health, etc.**
- A Player who is losing money and isn't making enough income through Tournaments to sustain their career or struggling to make income and support their lifestyle.**
- Injuries can inhibit Players from reaching their full potential. It affects them emotionally, forcing them away from Tennis for weeks to years and making it difficult to get back to their desired level.**
- Players with anxiety or depression can have an impact on their performance. It distracts them from playing their best Tennis, whether losing a loved one or a tragedy in their life.**

- Performance anxiety is another obstacle that hinders their performance. Some Players find it difficult to cope on Tour or play a Tournament with a strong mindset. Anxiety can cause you difficulty staying calm under pressure or suffer panic attacks.

There are more reasons than the points explained above. However, these are the basic ideas we need to understand why Tennis on a competitive level affects our emotional or mental state and how our lives can affect our way of playing Tennis. I am not here to discourage you from playing Tennis competitively. I am preparing you for what challenges may come around your corner.

The best advice I can give you to overcome all these challenges is to move forward, face them and fight for little improvements each day, no matter how hurt or hard it gets you. We all know life is a journey, Tennis is a journey and everything else. I remember going through a tough life when I was 15-19 years old and going through tough times with my personal and Tennis life.

Now that I have grown and understood what I am capable of or what my limits are, I have finally learned to move forward (till now) and fight for little improvements each day, implement this strategy and focus on the process. Tennis is and will always be a journey as it is with your life!

You will learn in time to stand up on your two feet so never give up, continue to ride throughout the process, be patient, work hard and focus on your priorities. Then you will lead the pack in no time! Whatever the struggles you go through, maybe this is the time where it can grow your character and build your strength! I hope this helps you and gives you a lot of insight. Thank you for your time today to read this blog.

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