

STAY PRESENT OPTIMIZE PERFORMANCE

Mindfulness in Athletics¹

MINDFULNESS IS THE PRACTICE OF BEING PRESENT WITHOUT JUDGEMENT

1. **INTENTION**: conscious effort to practice being in the moment
2. **ATTENTION**: controlled focus on the task at hand
3. **ATTITUDE**: acceptance and openness to thoughts and emotions

Practicing mindfulness has become common in elite sports⁴:
The Seattle Seahawks, Kobe Bryant, and many other professional athletes and teams have adopted mindfulness techniques

Benefits of Being in the Now¹

CAN HELP ADDRESS PERFORMANCE INHIBITORS SUCH AS:
PERFECTIONISM, INJURY, AND FEAR OF FAILURE

Studies have shown that mindfulness:

Improves immune functions

Reduces stress, depression and anxiety

Heightens motor skills and neurologic functions during competition

To learn more
and develop your
own mindful approach,
use your resources!

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Practice the Mind Just Like the Body¹

STRATEGIES, TECHNIQUES, AND TIMES TO PRACTICE
MINDFULNESS ARE DIFFERENT FOR EVERYONE

BREATHING EXERCISES²

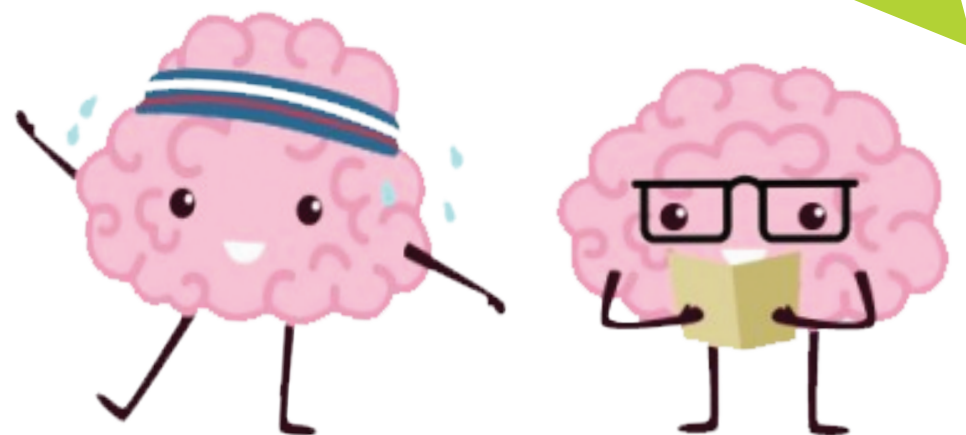
Focus on individual breaths, acknowledge thoughts that enter
your mind and then let them pass

BODY SCAN²

Concentrate on one body part a time as you feel yourself travel
from one end to the other

5 SENSE TEST³

Pay attention to and recognize what you see, hear, taste, touch,
and smell during a set moment or a sporting event



1. Birrer, D., Röthlin, P., & Morgan, G. (2012). Mindfulness to Enhance Athletic Performance: Theoretical Considerations and Possible Impact Mechanisms. *Mindfulness*, 3(3), 235-246. doi:10.1007/s12671-012-0109-2

2. Carter, K. S., & Carter III, R. (2016). Breath-based meditation: A mechanism to restore the physiological and cognitive reserves for optimal human performance. *World Journal of Clinical Cases*, 4(4), 99-102. <http://doi.org/10.12998/wjcc.v4.i4.99>

3. Freeman, J., Dr. (2016, April 25). Mindfulness in Athletics [Personal interview].

4. Lucier, M. (2014, December 11). Why Pro Athletes are Trying 'Mindfulness Training' and Why You Should Too. Retrieved May 1, 2016, from <http://www.stack.com/a/mindfulness-training>

5. Yerkes, RM, and Dodson, JD (1908). The Relation of Strength of Stimulus to Rapidity of Habit-Formation. *Journal of Comparative Neurology and Psychology*, 18, 459-482.



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