Mindfulness in Athletics

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 sports: The Seattle Seahawks, Kobe Bryant, and many other professional athletes and teams have adopted mindfulness techniques.

Benefits of Being in the Now

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

Practice the Mind Just Like the Body

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

**BREATHING EXERCISES**

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

**BODY SCAN**

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

**5 SENSE TEST**

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

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