

Mind Set



“The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing” - Jon Kabat-Zinn

“Feelings like being WORRIED ANXIOUS ANGRY FRUSTRATED ANNOYED TIRED FATIGUED EXHAUSTED UNHAPPY UNMOTIVATED elicit emotions and responses many of which are physiological (hormonal). Hormones are released in response to the emotional signals and hormones take control. The downward spiral of negative emotions are this linked to chemical responses that are clearly linked to declining physical sensations. They quickly have a negative influence on performance potential and outcomes.” - *(Life of an Athlete Human Performance Project)*

HEALTH BENEFITS

- ◆ Reduced stress
- ◆ Reduced muscle tension
- ◆ Increase pain tolerance
- ◆ Encourages self awareness
- ◆ Promotes mental and physical relaxation
- ◆ Enhances the body's immune system
- ◆ Improves tolerance and understanding
- ◆ Natural reward to your body

HOW IT HELPS YOU PERFORM BETTER

- ◆ Improves learning ability
- ◆ Improves memory function
- ◆ Improves concentration
- ◆ Enhances academic performance
- ◆ Enhances emotional resilience
- ◆ Improves pain tolerance
- ◆ Helps to mentally prepare
- ◆ Helps visualize success