

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

Be Mindful Everyday

Free Apps:

Headspace

Smiling Mind

Mindfulness Daily

Stop, Breathe & Think

ACT Coach

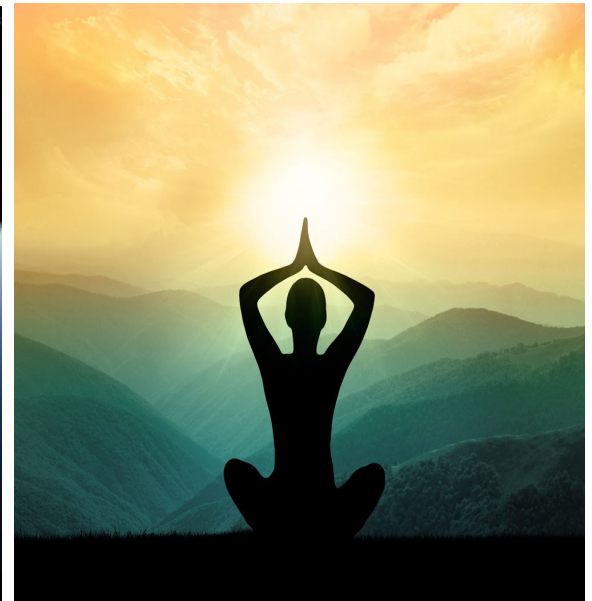
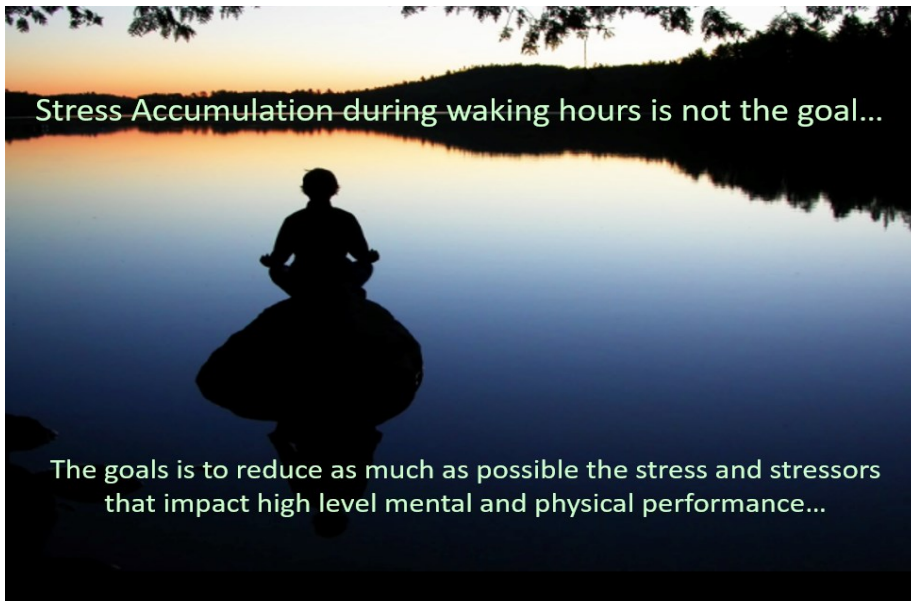
Mindfulness coach

Mindfully me

Rhythm Free

What do these app include:

1. Breath awareness: Bring attention to each breath
2. Body scan: Bring attention to body parts, from the toes and up towards the head
3. Sitting meditation: Meditate in a seated posture
4. Walking meditation: Walk with attention and careful pacing
5. Loving kindness (Metta) meditation: Send love and kindness to oneself and others



Life of an Athlete Human Performance Project

OMNI
youth services

LINK  TOGETHER
Empowering Youth to Be Drug & Alcohol Free

This was developed and funded in whole and or part, by grants from the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of ONDCP, SAMHSA, or HHS, and should not be construed as such.