



Mindfulness

Mindfulness has become a popular term in recent years, and involves the practice of focused attention. Focusing your attention can help you deal with unhelpful thoughts. It has been shown to benefit an athlete in training, during performance, and recovery. Although there are many types of mindfulness, the most common technique is to focus on your breath.

How do I do this?

1. Inhale through the nose for 4 seconds.
2. Exhale for 6 seconds
3. Hold for 6 seconds
4. Repeat steps 1-3 for 5 or more minutes
5. The exercise should be done in a rhythm without too much effort

When can I do this?

Anytime to help challenge unhelpful thoughts.

This could be particularly helpful to do in the car once finished the drive home from a stressful day.