

## LEARN TO BE A MINDFUL ATHLETE

*“Mindfulness means paying attention in a particular way; on purpose; in the present moment, and non-judgmentally.”* - Jon Kabat-Zinn (UMass Center for Mindfulness)

Often in sport our minds get stuck in the past or future – or we go thru the day with our minds racing – or have trouble quieting the mind for sleep, or worry too much... Mindfulness training is now the most important mental skill athletes can acquire.

### MINDFULNESS

#### WHAT IS IT?

- Moment to moment non-judgmental awareness of thoughts, perceptions & feelings.

#### WHY DO IT?

- Establishes a clear link of communication between mind & body
- Related to performance, attentional focus, feelings, & flow

#### HOW TO START:

- Take 10 minutes & just focus on the breath.
- Notice & accept any sensation that comes along with breathing
- Try this while engaging in an activity (eating, walking, washing dishes)
- Try this while engaging in sport warm-up or simple activity
- Other sample easy mindfulness exercises to try:

<https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

### Mindfulness Apps

Many mindfulness apps have been developed as meditation aids. Others are geared toward helping us to stay more present throughout the day, using a periodic bell or reminder.

Most of them have a free-trial period. Some then require a subscription, while others provide enough free content to support your ongoing mindfulness practice. In a [study](#) that evaluated mindfulness-based iPhone apps based on standardized criteria, these apps received the highest scores:

- [Headspace](#)
- [Smiling Mind](#)
- [iMindfulness](#)
- [Mindfulness Daily](#)

#### ✓ Some useful meditation aids:

- [Headspace](#): Beginner-friendly, well-liked, and has a free 10-day trial.
- [Calm.com](#): Features a seven-day free trial and plenty of free options after that, including a special bedtime-story option.
- [Insight Meditation Timer](#): Free and has a huge variety of guided meditation options. It may take a bit of exploring to discover which meditations work for best you.

*The resources and links listed on this page are provided for informational purposes only and do not imply endorsement.*