



# MINDFULNESS OVER MATTER

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MINDFULNESS IS THE NONJUDGMENTAL,  
PURPOSEFUL FOCUS OF ONE'S ATTENTION ON THE  
PRESENT MOMENT (HERE AND NOW)

PRACTICING MINDFULNESS CAN

- HELP IMPROVE FOCUS AND CONCENTRATION
- DECREASE ANXIOUS THOUGHTS
- IMPROVE ACCEPTANCE OF SITUATIONS AND PERFORMING THROUGH ADVERSITY
- INCREASE AWARENESS OF THOUGHTS AND ACTIONS RELATED TO PERFORMANCE



- AWARENESS: "I REALIZE I DID NOT PERFORM AS I HAD INTENDED."
- ACCEPTANCE: "ALTHOUGH THAT PERFORMANCE WAS NOT MY BEST, IT DOESN'T NEED TO DEFINE ME."
- ACTION: "THE NEXT PERFORMANCE IS ABOUT TO START, I WILL TAKE A DEEP BREATH TO REFOCUS."

Taking these 3A steps during performance can help embrace thoughts and behaviors while recognizing how to cope and perform.

# HOW TO PRACTICE EVERYDAY MINDFULNESS

## TECHNIQUES TO PRACTICE MINDFULNESS OUTSIDE OF COMPETITION:

- MEDITATION
- BELLY BREATHING (WHEN YOU BREATHE IN,  
YOUR BELLY RATHER THAN YOUR CHEST  
EXPANDS)
- RECOGNIZE THOUGHTS, EMOTIONS, AND  
ACTIONS DURING PRACTICE, COMPETITION, AND  
EVERYDAY ACTIVITIES
  - MINDFUL WALKING, EATING, LISTENING TO  
MUSIC, LAUGHING, ETC



WHEN YOU HAVE A MOMENT OF SELF-DOUBT, HOW  
CAN YOU REFOCUS USING MINDFULNESS (3A)?

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