

MINDFULNESS

Mindful = Paying attention, on purpose to what is happening in the present moment.

MINDFUL OR MIND-FULL?

The coach asked two players on the bench to watch their team play. Circle the player that is being mindful.



Directions: Write what mindfulness looks like in each of the situations below.

At practice when the coach is giving directions:

On the field when you don't have the ball:

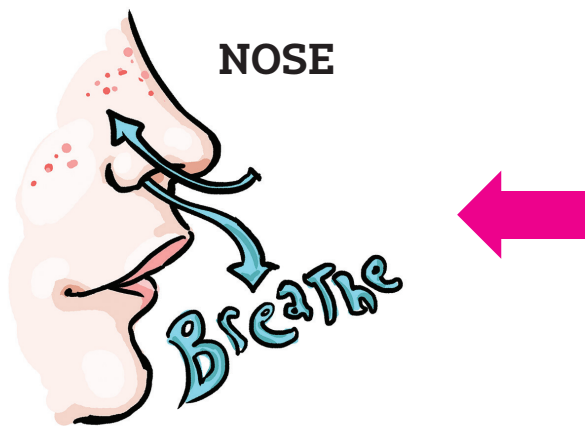
Name: _____

MINDFUL BREATHING

FINDING YOUR ANCHOR

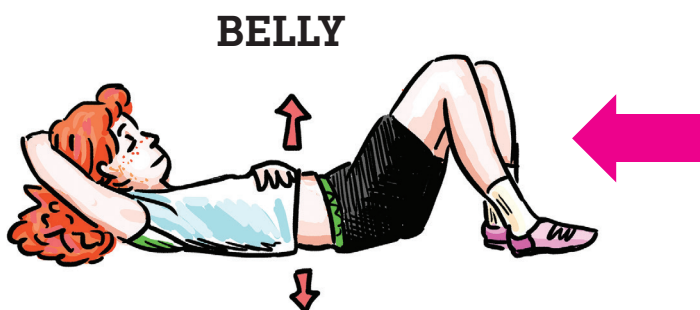
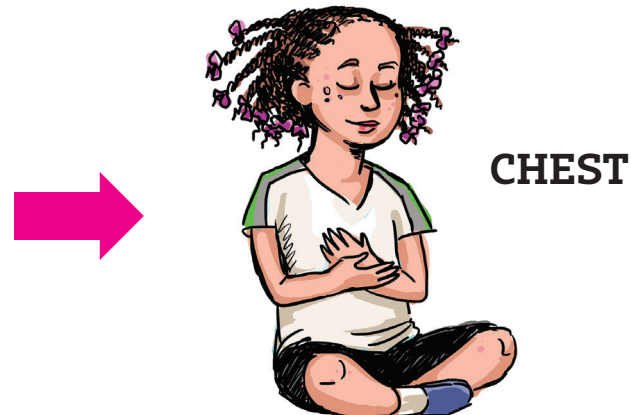
How you do it: Mindful breathing or meditation is the practice of staying in the present moment by sitting quietly and focusing your full attention on your breath. You may find yourself having thoughts or feelings, but when you become aware of them, you just let them go and gently return your attention back to your breath. It is sometimes helpful to have an anchor. An anchor is the part of your body where you feel your breath the most. See the 3 different anchors below that you can try.

Why you do it: Mindful breathing helps you focus, think clearly, and relieve stress and other intense feelings.



When you focus on the breath under your nose you may feel the air sweep softly over your upper lip. You might notice the air feels cooler as it enters your nose, and warmer when it leaves. You may also hear small sounds as the air softly swooshes through your nasal passage.

You might choose to sit upright, tall like a tree, either with your legs crossed or in a chair with your feet flat on the ground. You might want to place your hand on your chest so you can feel it rise and fall as your lungs fill with air and then empty themselves of air.



You might choose to lay on your back and place your hand on your belly. You will be able to feel your rib cage rise and fall as your lungs fill up with air on the inhale and deflate on the exhale.

Helpful Hints:

- Don't be discouraged. Be patient with yourself and keep practicing.
- Practice mindful breathing for one or two minutes each day. You will find a practice log at the end of this chapter if you want to track your mindful breathing.

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