MINDFULNESS FOR SWIMMERS

STRATEGIES TO IMPROVE PERFORMANCE AND REDUCE STRESS
DIAPHRAGMATIC BREATHING

1. Slowly take a deep breath in.

2. Fill your lungs with air.

3. Your abdomen expands.

4. Exhale and your abdomen contracts inwards.
INTRODUCTIONS

- Please type in the chat box where you are from and your main event.
AGENDA

- What is Mindfulness?
- Benefits to swimming
- Eye of the Hurricane
- Meditation
- Questions
WHAT IS MINDFULNESS?

“Choosing to bring your awareness to the present moment with curiosity, kindness and nonjudgement”

Formal practice: meditation
Informal practice: mindful moments
MINDFULNESS IS NOT...

A RELIGION
A RELAXATION TECHNIQUE
STOPPING THOUGHTS
BENEFITS TO SPORT

- Reduce stress
- Reduce performance anxiety, negative thoughts, rumination
- Increase awareness
- Improve confidence & focus
- Improve resilience & emotion regulation
respond from the center of the hurricane, rather than reacting from the chaos of the storm.

GEORGE MUMFORD
LET’S MEDITATE
TIPS FOR CREATING A PRACTICE...
QUESTIONS
THANK YOU

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