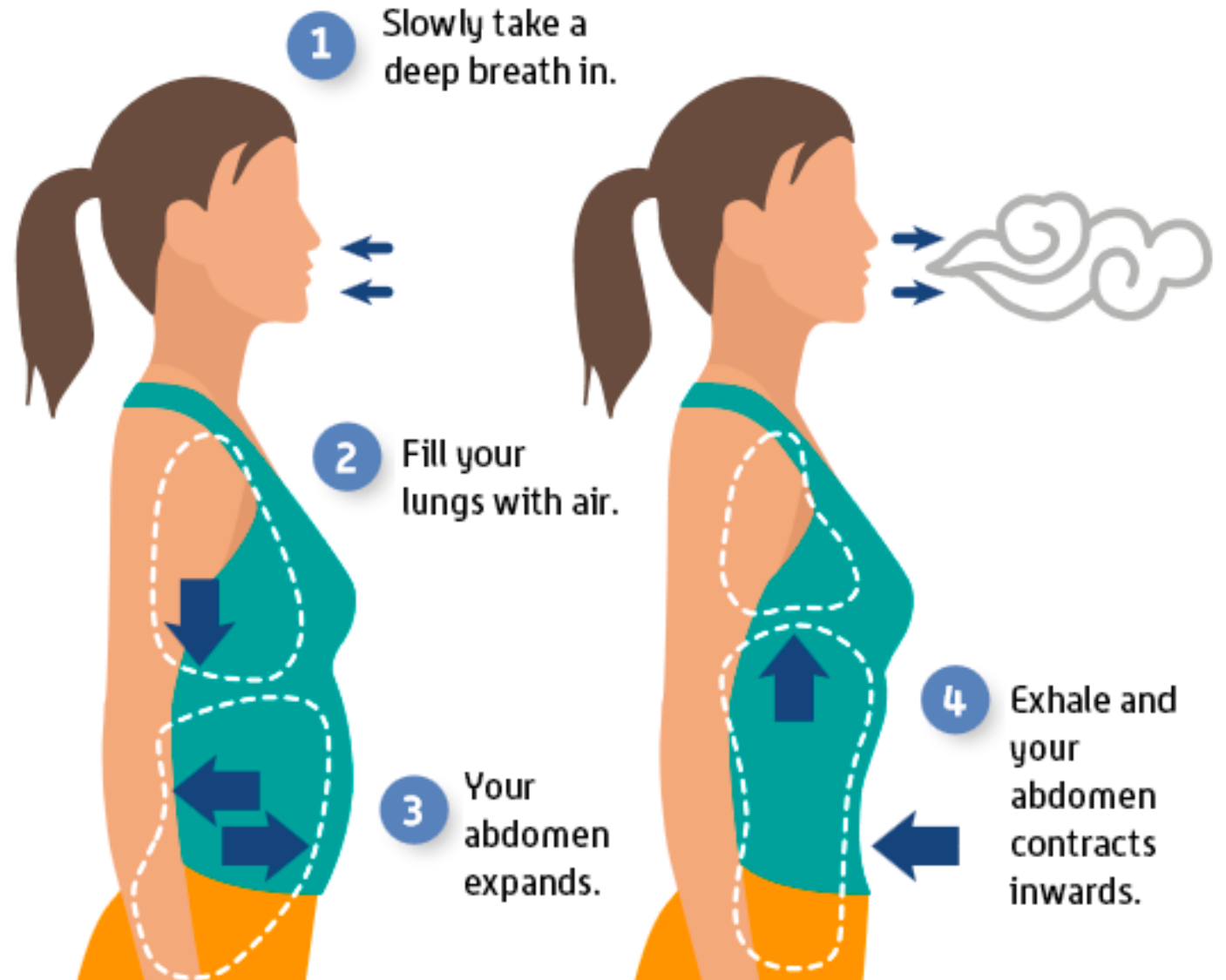


A swimmer is shown from a side profile, swimming underwater in a pool. The swimmer is wearing a blue swim cap and black goggles. The water is a deep blue color, and there are lane lines visible in the pool. The text is overlaid on the swimmer's body.

MINDFULNESS FOR SWIMMERS

STRATEGIES TO IMPROVE PERFORMANCE AND REDUCE STRESS

DIAPHRAGMATIC BREATHING



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

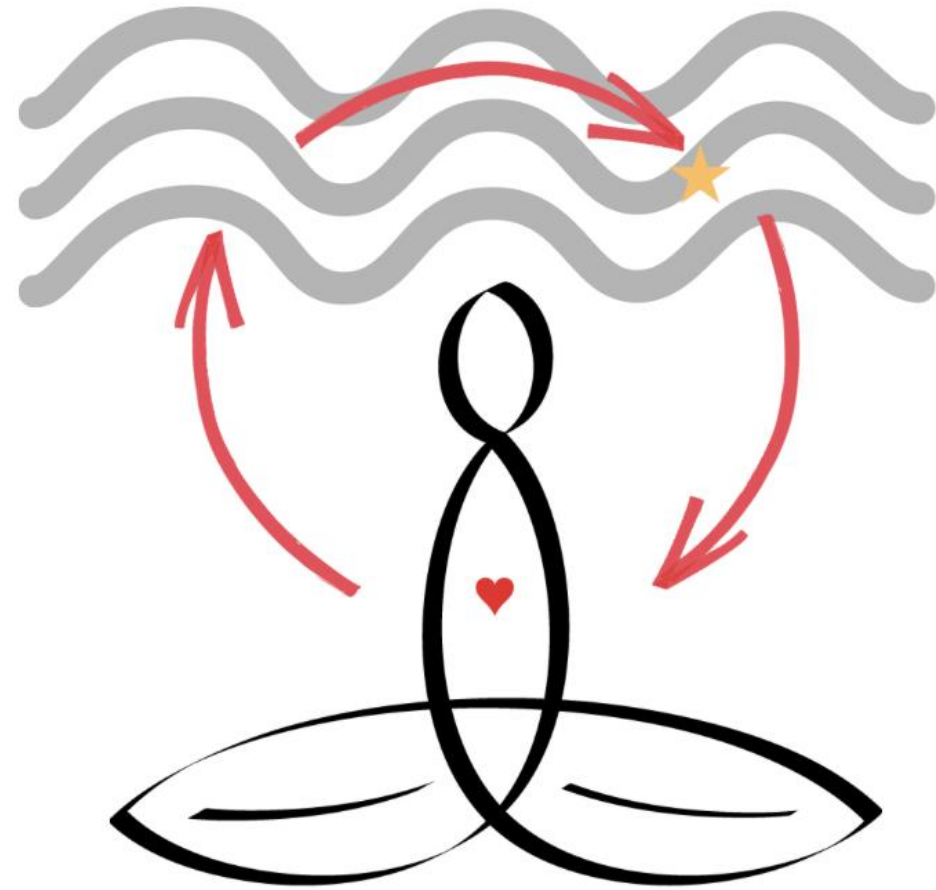
Informal practice: mindful moments

MINDFULNESS IS NOT...

A RELIGION

A RELAXATION TECHNIQUE

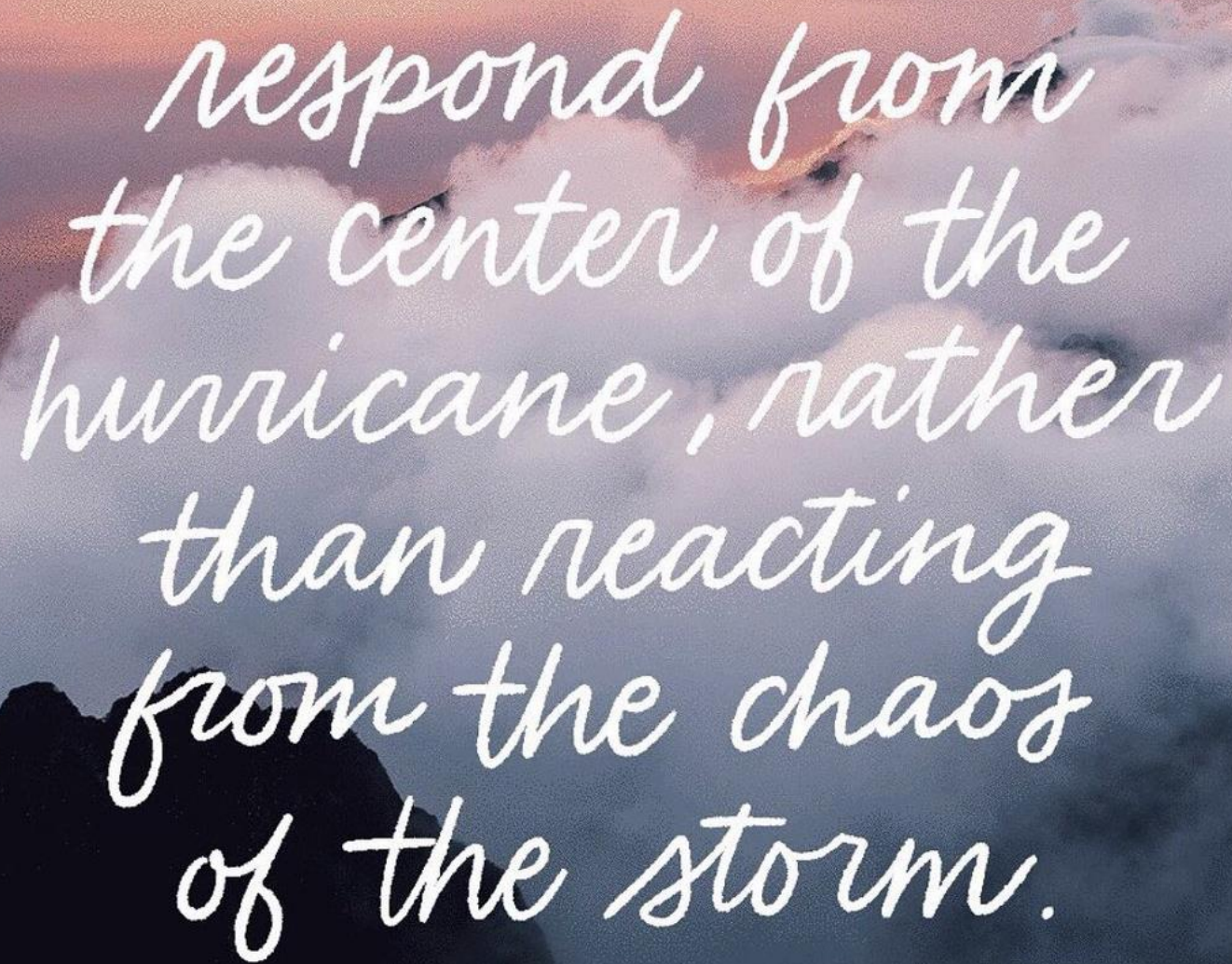
STOPPING THOUGHTS



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

**EYE OF THE
HURRICANE**



**LET'S
MEDITATE**

**TIPS FOR
CREATING A
PRACTICE...**



QUESTIONS





THANK YOU

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