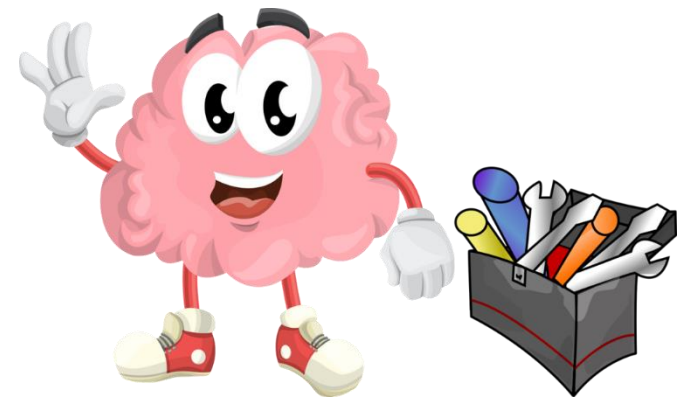


Growing your mental skills toolbox

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Overview & Objectives

Overview

- ▶ My role...
- ▶ My philosophy...
 - ▶ Awareness → Acceptance → Action

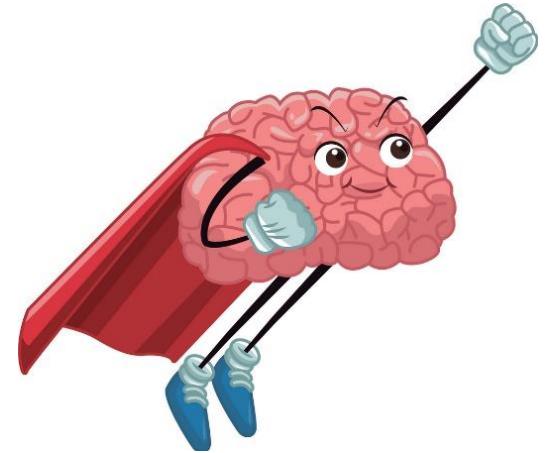


Objectives

- ▶ To create awareness and discussion about mental skills training and how it may be of use to you.
- ▶ To introduce you to some new tools and skills that you can use before, during, and after training sessions and events.

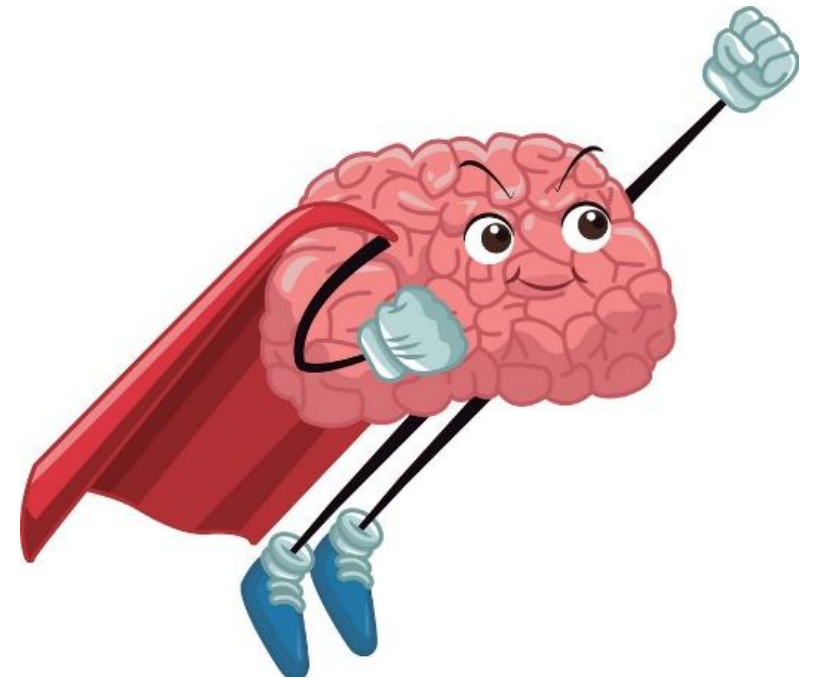
Imagery awareness

- ▶ How do you learn best / what type of feedback do you remember most?
- ▶ Describe an everyday object
- ▶ Take a virtual tour of your house
- ▶ Replay your “best” & “worst” performances



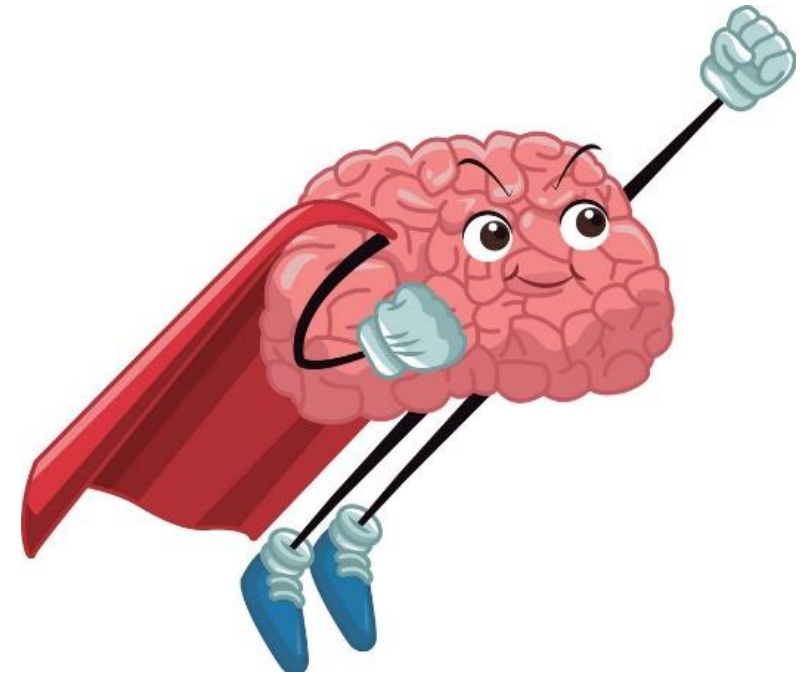
Imagery exercises

- ▶ Imagine an animal
- ▶ Break down your walls
- ▶ Erase unhelpful thoughts
- ▶ A day in your happy place
- ▶ Mental reset



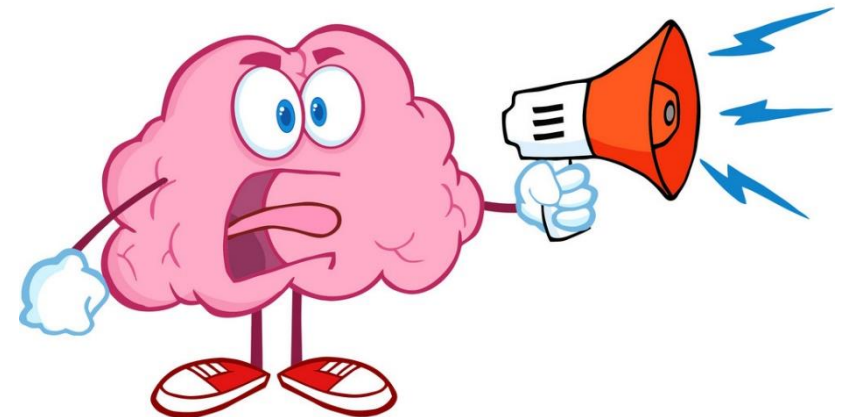
Imagery applications

- ▶ Pre-practice rehearsal → pre-event rehearsal
- ▶ Feedback
- ▶ Task accomplishment
- ▶ Narrow or broaden focus
- ▶ Wind-down / sleep



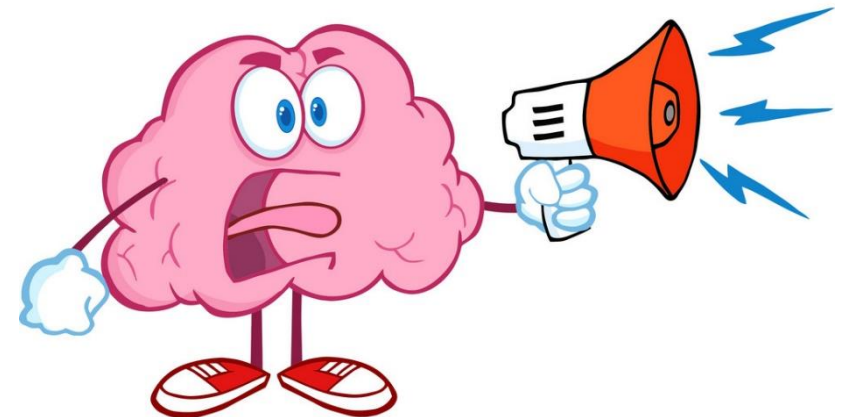
Self-Talk awareness

- ▶ Categorize your daily thoughts
- ▶ Create a self-portrait
- ▶ Complaint switching
- ▶ Fortunately/unfortunately



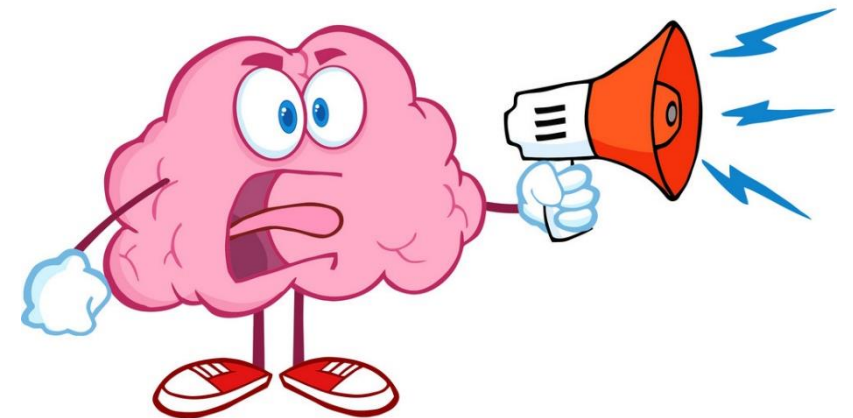
Self-Talk exercises

- ▶ Catch the fly
- ▶ I am, I will, I know countdown
- ▶ Take the power away (apple, apple, apple)
- ▶ The power of AND
- ▶ Sentence completion
 - ▶ That's not true (helpful) because...
 - ▶ If x happens, I will y...
 - ▶ ... but at least ...



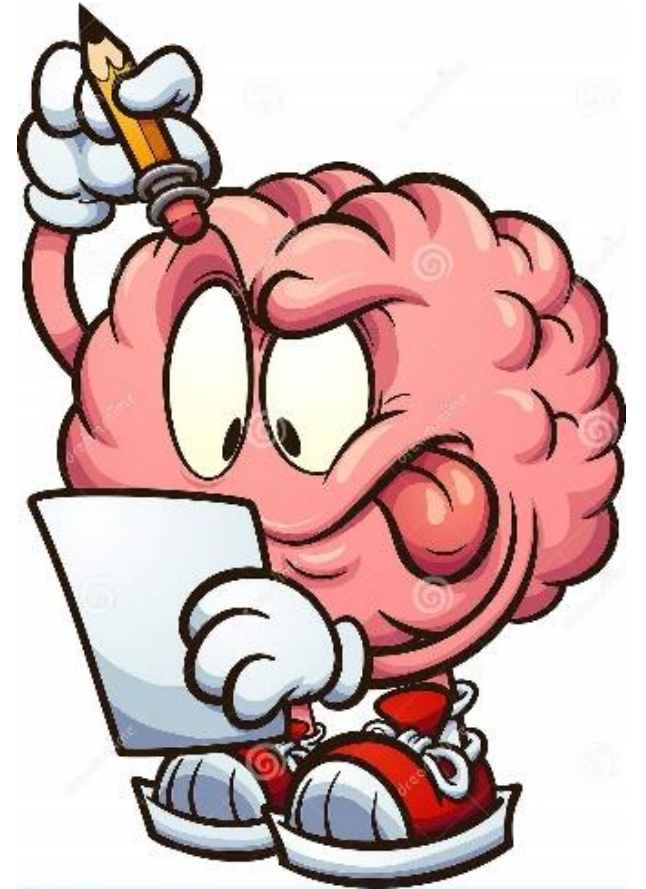
Self-Talk applications

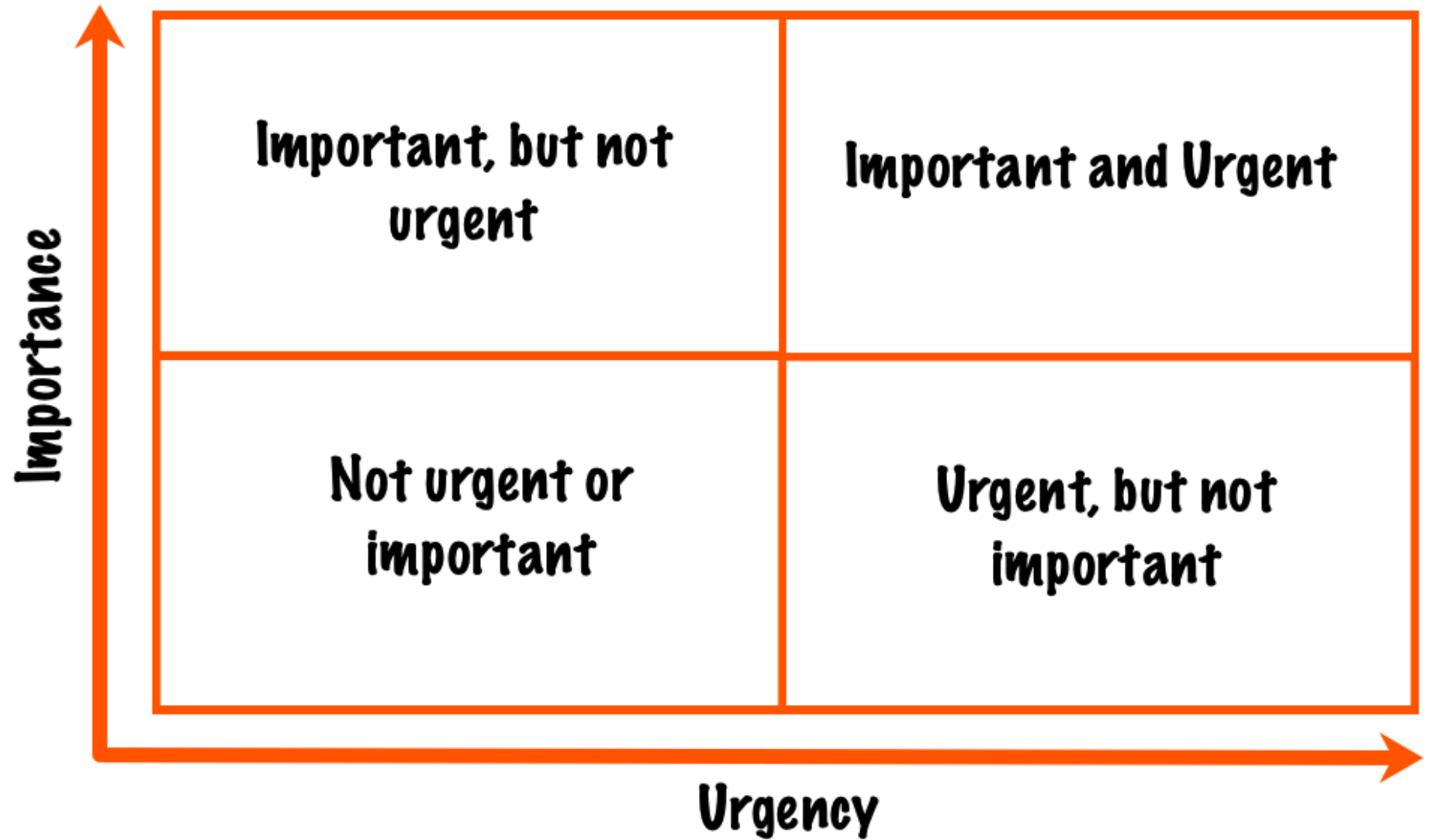
- ▶ Reset → think win (**W**hat's **I**mportant **N**ow)
- ▶ Stressful / difficult situations
- ▶ Quiet moments
- ▶ Key decision-making junctions
- ▶ Post-practice / post-event



Goal setting awareness

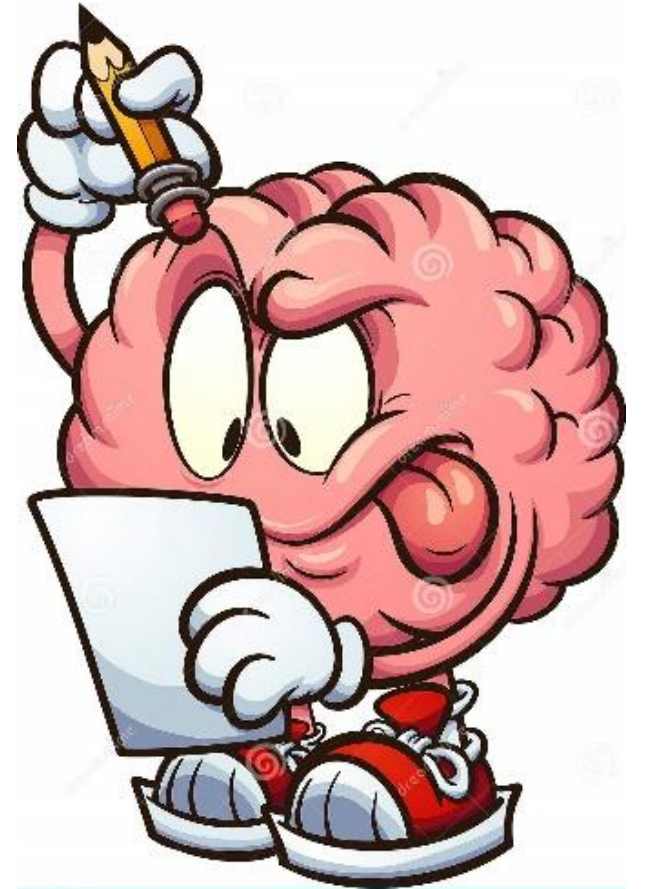
- ▶ Daily activity quadrants





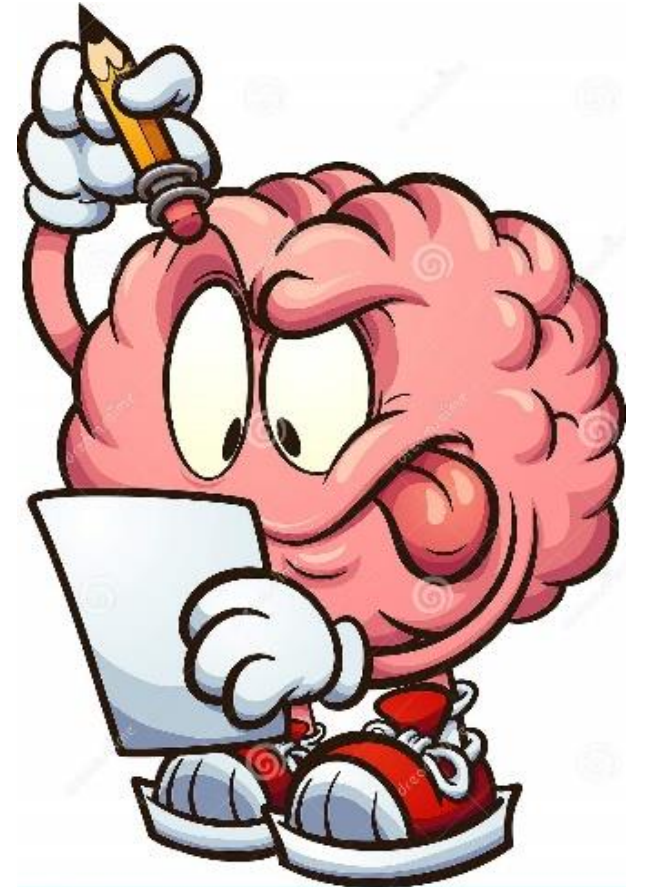
Goal setting awareness

- ▶ Daily activity quadrants
- ▶ Track your habits
 - ▶ Journaling
 - ▶ Calendar
 - ▶ Checklists



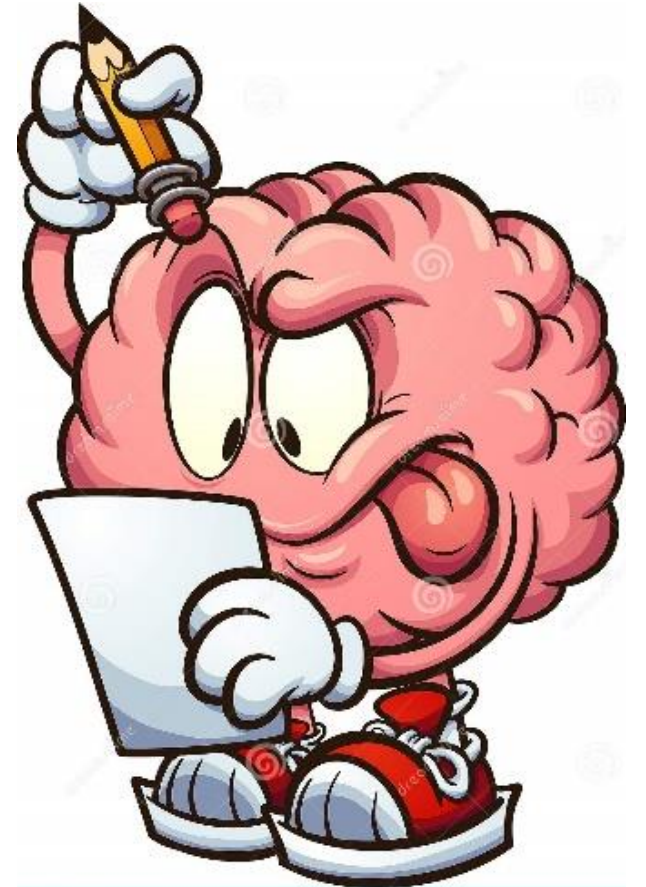
Goal setting exercises

- ▶ Is it SMART?
 - ▶ Specific
 - ▶ Measurable
 - ▶ Attainable Adaptable
 - ▶ Rewarding Relevant
 - ▶ Timebound
- ▶ Treasure mapping



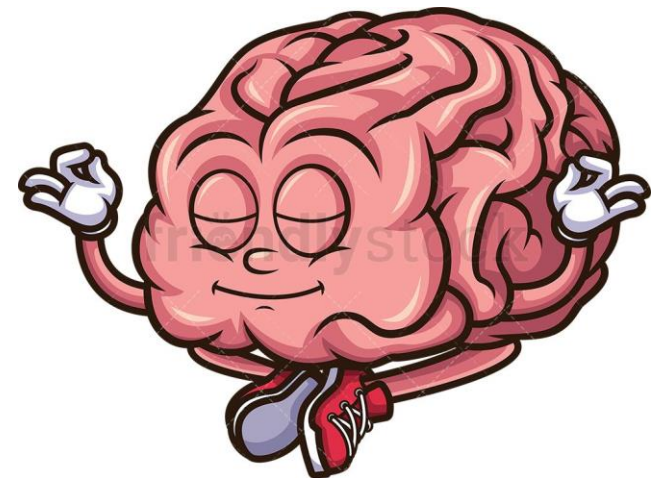
Goal setting applications

- ▶ Create a daily “to-do” list
- ▶ Set-up prompts & reminders
- ▶ Break tasks down into steps
- ▶ Practice with a purpose
- ▶ Have fun with the debrief!



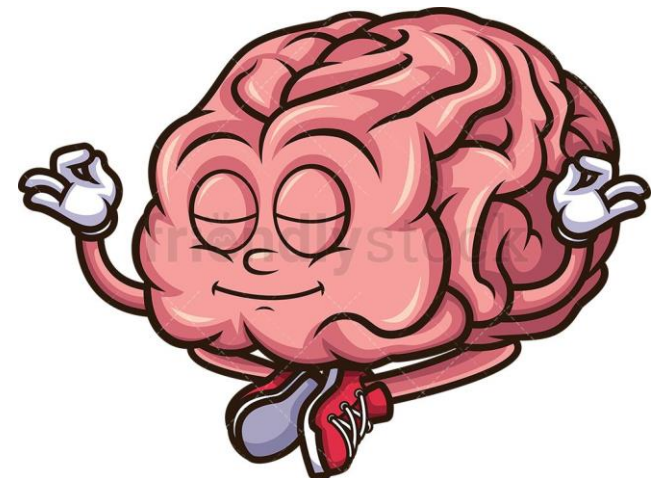
Deep breathing awareness

- ▶ How do you breathe normally?
 - ▶ 60 second focus on your breath
 - ▶ From where do you inhale? Exhale?
 - ▶ Is your breath hot or cold?
 - ▶ How deeply do you breathe?
 - ▶ How long does one breath take?



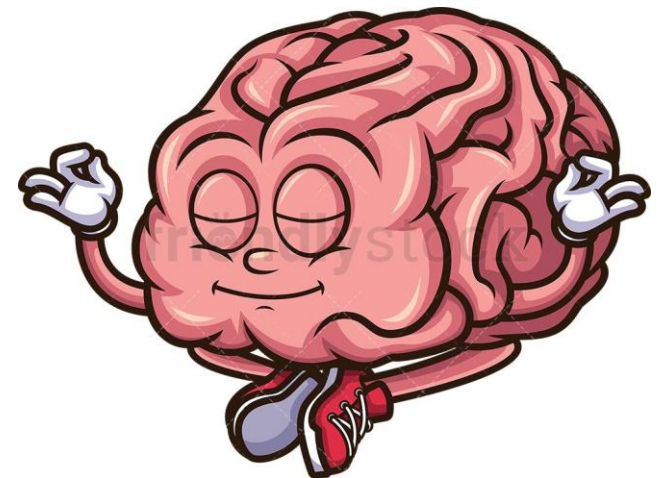
Deep breathing exercises

- ▶ 4, 7, 8 breathing
- ▶ Triangle breathing (4, 4, 4)
- ▶ 6 breath minute
- ▶ Birthday cake breathing
- ▶ Inhale “the good”, exhale “the bad”



Deep breathing applications

- ▶ Warm-up / Pre-performance
- ▶ During difficult drills / tasks
- ▶ Prior to shooting (high focus activities)
- ▶ The last push
- ▶ During cool-down / recovery



Questions?

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