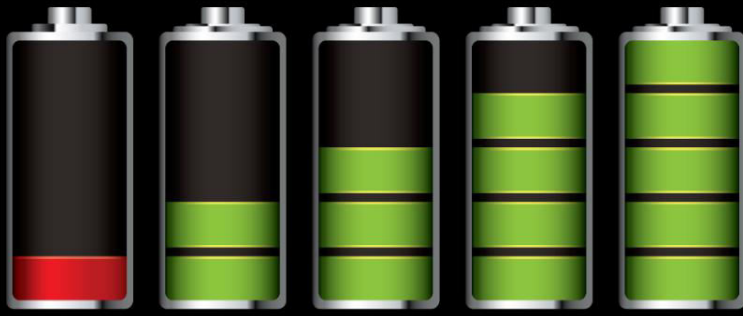


YOUR ABILITY TO COPE WITH DAILY LIFE IS LIKE A BATTERY...



Performance Psychology
Team

Power is drained during the day, especially by high levels of emotions, stress, and pressure



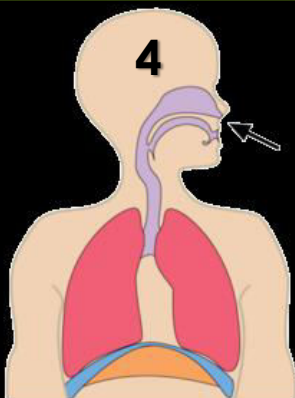
At low power you're more likely to:

- Make poor decisions
- Be more emotional
- Be more sensitive to negative comments

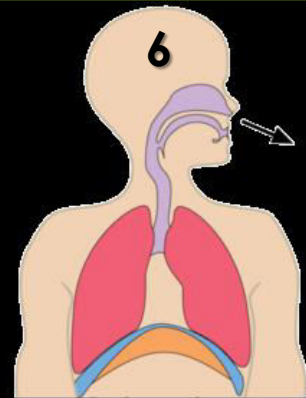
**YOU CAN BOOST YOUR BATTERY POWER!
A SIMPLE WAY TO DO THIS IS BY LEARNING TO BREATHE EFFECTIVELY!**

BREATHE IN AND COUNT TO 4

BREATHE OUT AND COUNT TO 6



**AND REPEAT!
(3 OR 4 TIMES)**



This will help reduce physical and mental stress, and increase attention and relaxation!

Helping you be mentally prepared to deliver the right performance at the right time

**sportwales
chwaraeoncymsu**