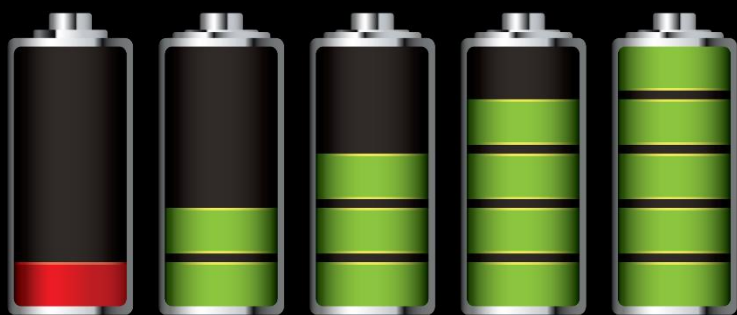


RECHARGE DURING THE DAY...

Performance Psychology
Team



Reduce stress, stay focused, and come back to now

Focus on the present with a simple mindfulness
exercise:

STOP what
you're
doing



Take 2 or
3 deep
breaths



Then notice
3-3-3...

Notice:



3 things
you can
see



3 things
you can
hear



3 things
you can
feel

A great way to...

- Reduce stress & anxiety
- Increase focus
- Increase well-being
- Improve mood

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

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chwaraeoncymsu