

Mindfulness

*"If you want to conquer the anxiety of life, live
in the moment, live in the breath." – Amit Ray*

KATIE ROKUS- NAVY WOMEN'S BASKETBALL

WBCA 2019

Sources:

Mindfulness for Beginners by Jon Kabat-Zinn
Youtube: *MindTheMoment*, *MindfulNEWS*, *Kind Knowledge*,
MindfulnessWOBorder, *Mindful-Kiwi*

Be here now.



<https://youtu.be/E78y66GERys>



mindfulness ...

“Is awareness cultivated by paying attention in a particular way
on purpose, in the present moment, and nonjudgmentally.”

--Jon Kabat-Zin

Is about living in the present moment rather than being stuck in the past or future.





To directing our attention to our experience as it unfolds...



*Mind is constantly producing thoughts. Our thoughts go all over the place! = **MONKEY BRAIN***

- Noticing what those thoughts are without trying to change them or worry about what they mean
- Being in the present moment without trying to control the experience
- Becoming AWARE of an emotion rather than BECOMING that emotion
- Recognizing that it is not easy and there is no “right” or “wrong”... no need to judge yourself!



SO WHAT?

#1 key to Mental Toughness = BEING PRESENT

- 1) Trains us to respond skillfully to whatever is happening...good or bad.
- 2) Improves our thought process, feelings and concerns for others, and awareness in ourselves.
- 3) Enhances creativity, decision making and leadership skills.
- 4) Helps us perform better, feel less stressed and less depressed.
- 5) Improves our health...

HOW DOES THIS HELP US ON THE COURT?

- 1) Improves our response to mistakes
- 2) Helps us respond to and handle pressure
- 3) Increases our chance of reaching the state of FLOW

MEDITATION

- Tool that helps us practice mindfulness
- *IS* mindfulness...
- A skill that can be developed with practice:
 - 1) Formally: Set aside time every day
 - 2) Informally: letting the practice spill over into every aspect of your waking life in a natural way.

5 EASY, 'INFORMAL' WAYS

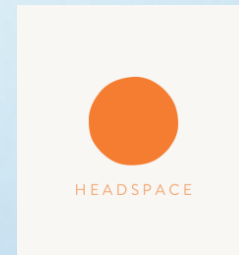
- 1) When you notice your thoughts...observe them.
- 2) Do one thing at a time. Focus only on what you are doing right then.
- 3) Do it slowly...
- 4) Do NOTHING each day.
- 5) Yoga

I don't have time...

- 1440 minutes in a day.
- Sleep: 360 minutes or less...
- Class: 360 min
- Hoops: 180 min
- Meals: 100 min
- Other Obligations: 120 min
- 320 minutes left! TAKE 5 MINUTES FOR YOURSELF!

'FORMAL' MEDITATION

- Make time for it and find a space where you can limit distractions
- Sit up comfortably with a straight spine.
- Gently close your eyes and start with a few relaxing breaths.
- Focus on your breath...
 - Whenever you feel your mind wander, just refocus back on your breath
- Observe your thoughts without judgement.
- Apps: HEADSPACE, Calm, Lucid





now

tomorrow

yesterday