

Mindful Sports Teams



go.osu.edu/mindsetupdate

Patrice Powers-Barker, OSU Extension, Lucas County

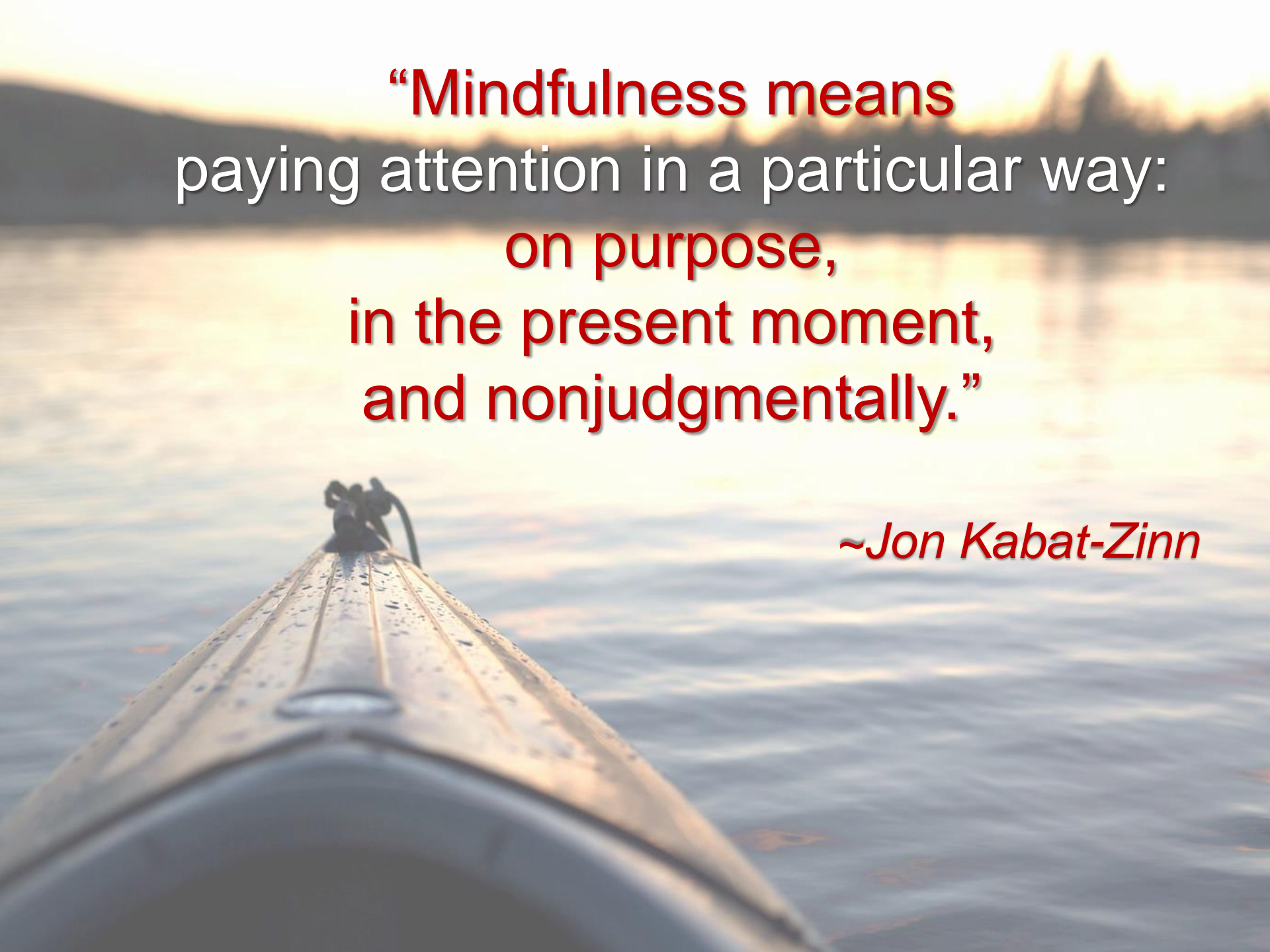


THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND HUMAN ECOLOGY

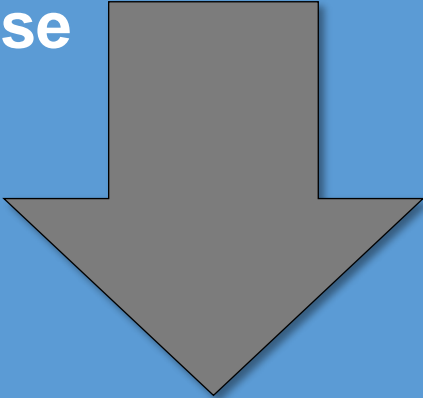
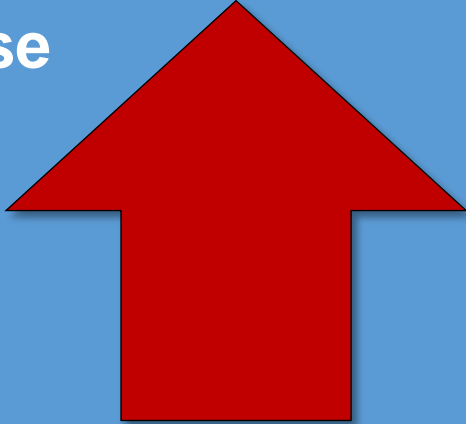
FAMILY AND CONSUMER SCIENCES

A serene sunset scene over a body of water. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water's surface. In the foreground, the pointed tip of a kayak is visible, its surface wet with droplets of water. The background shows a calm body of water leading to a distant shoreline with silhouettes of trees and hills under the soft light of the setting or rising sun.

**“Mindfulness means
paying attention in a particular way:
on purpose,
in the present moment,
and nonjudgmentally.”**

~Jon Kabat-Zinn

Benefits of regular mindfulness practice:

Decrease 	Increase 
<ul style="list-style-type: none">• Decreased stress and anxiety• Reduced chronic pain	<ul style="list-style-type: none">• Improved attention, memory and focus• Strengthened immune system• Relationship satisfaction

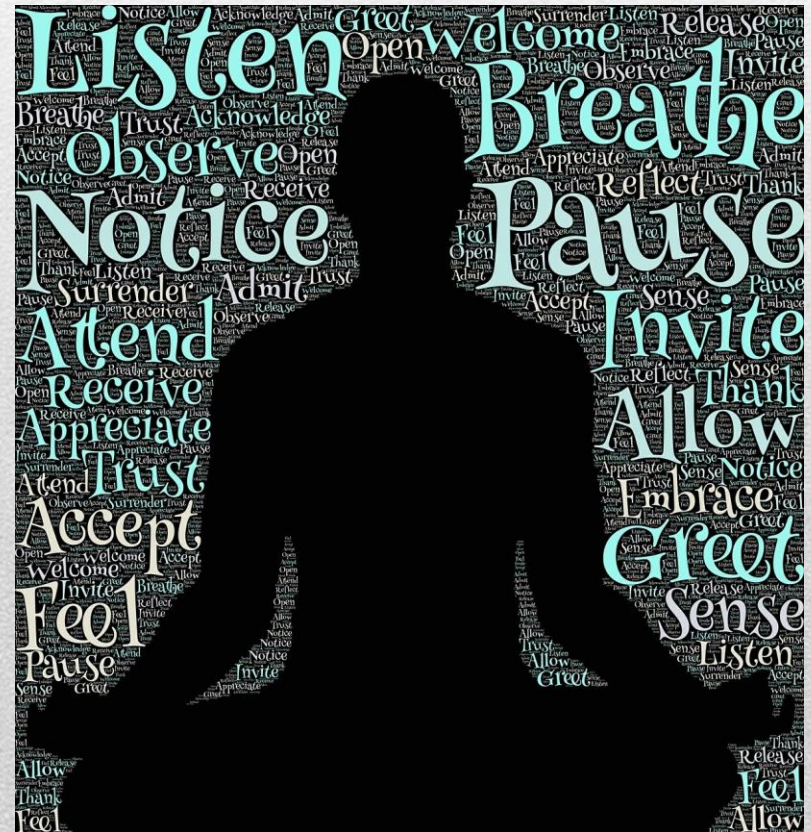
Mindfulness and athletes



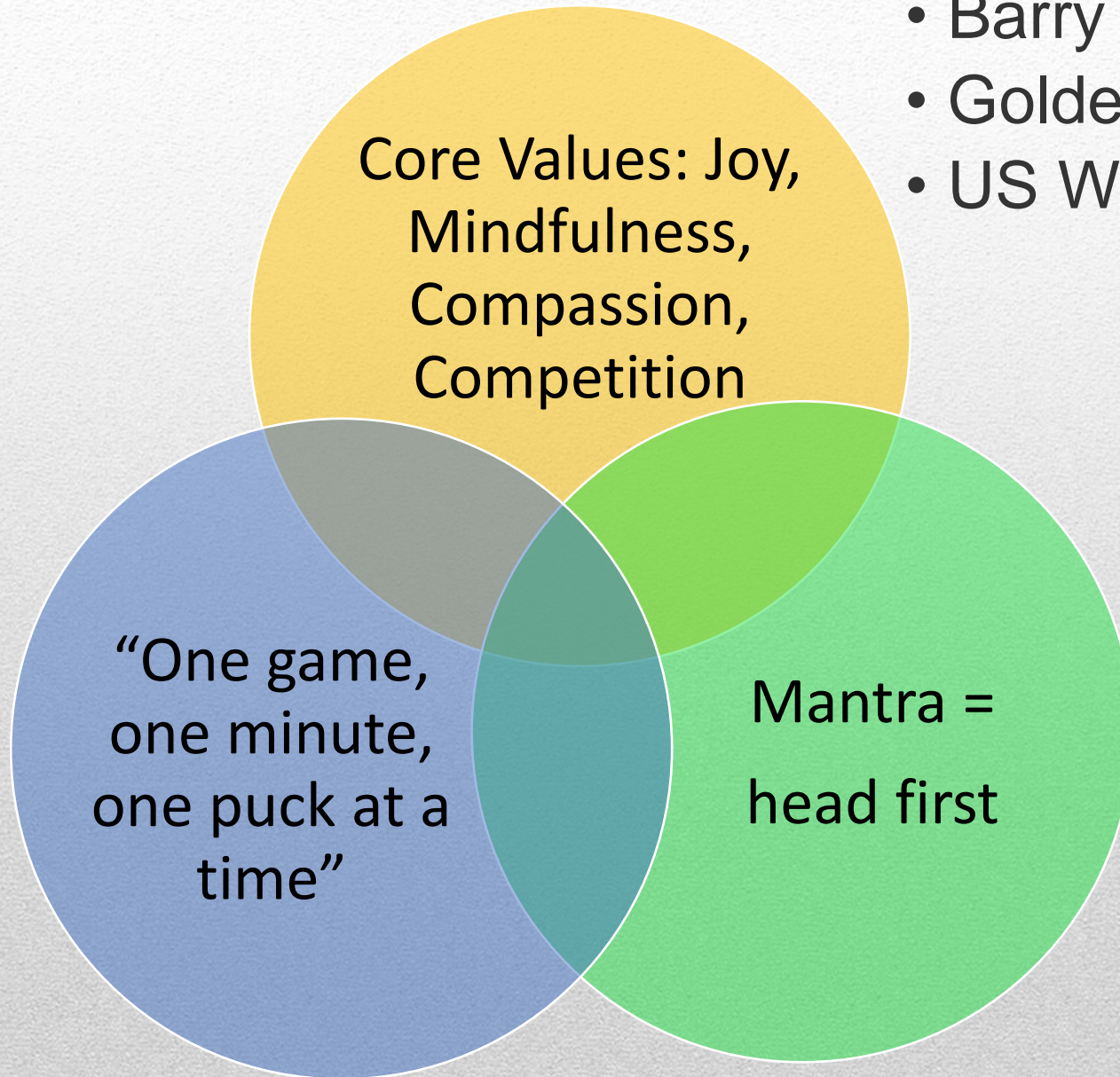
- In tune with body
- More focused
- Up to the challenge

Next public health revolution

- like brushing your teeth, eating well and taking the meds your doctor prescribes (Harris, 2015).
- 1940s cardio
- 1980s weight-lifting
- Strength and conditioning coaches
- 2020 Director of Meditation Training for University of Wisconsin's Athletic Department



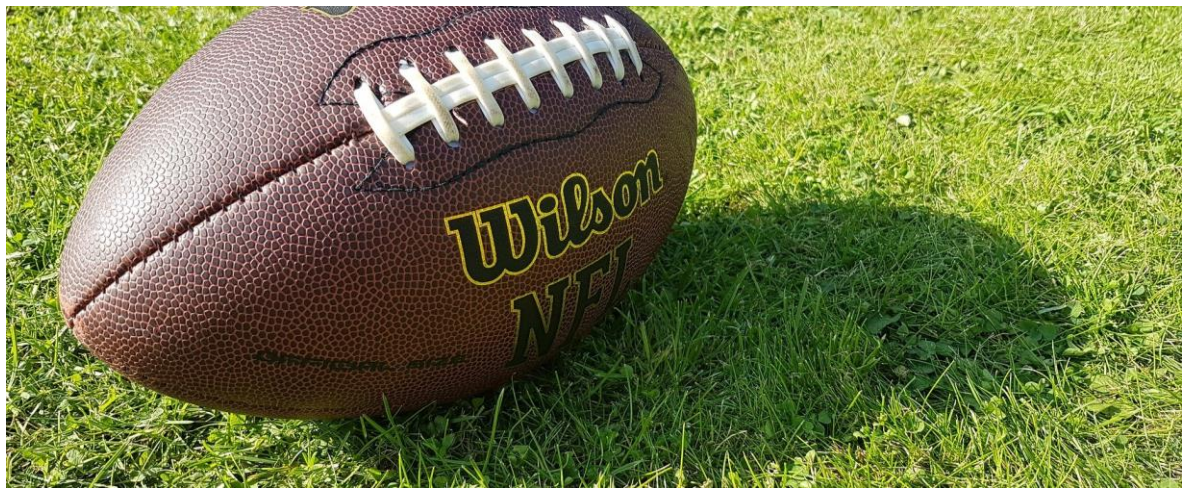
Match the quote



- Barry Trotz
- Golden State Warriors
- US Women's Soccer

Name	Affiliation
Coach Phil Jackson	Chicago Bulls and LA Lakers
Coach Steve Kerr	Golden State Warriors
Ben Simmons	Philadelphia 76ers
Kobe Bryant	Los Angeles Lakers
LeBron James	Los Angeles Lakers, Cleveland and Miami
Michael Jordan	Chicago Bulls
Stephen Curry	Golden State Warriors

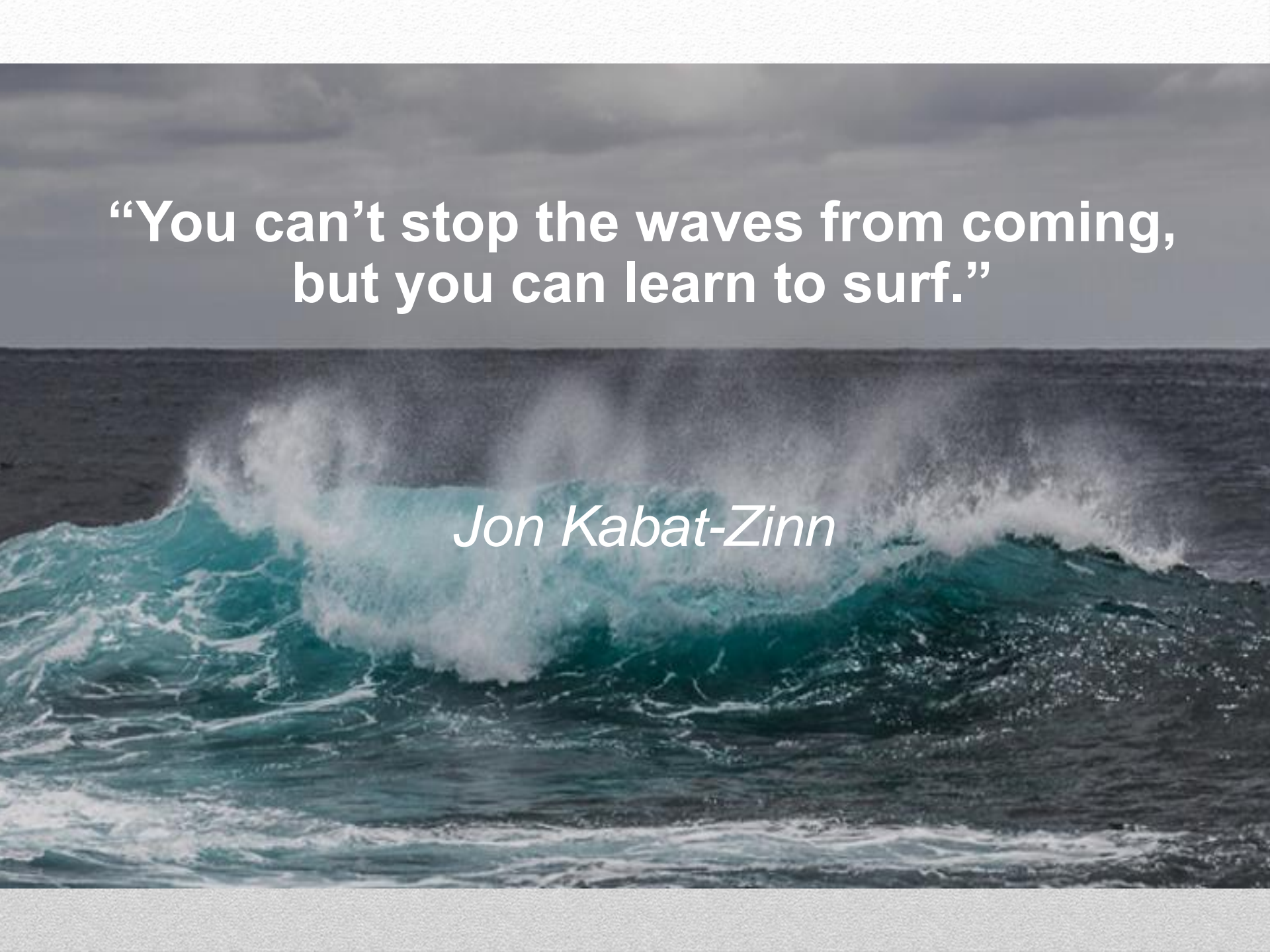




Repetition is important

- Mindfulness changes brain structure and functioning with focused attention, repetition, and practice.





**“You can’t stop the waves from coming,
but you can learn to surf.”**

Jon Kabat-Zinn

SMART Goals

- ✓ **Specific**
- ✓ **Measurable**
- ✓ **Attainable**
- ✓ **Realistic**
- ✓ **Timely**