

## The Mental Game's Most Versatile Skill

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### A Slow, Steady Breath

#### Benefits for Practicing a Slow, Steady Breath

- reduces overall tension / stress
- develops body/ mind awareness
- contributes to more emotional control
- focuses you on the present moment
- develops deeper concentration ability
- enhances recovery



AHEAD IN  
THE GAME

#### Here's What to Practice:

Take a slow, deep in-breathe on the count of approximately four. Breathe in through your nose, visualize filling the lowest part of your lungs, then the middle, and then the top of your lungs being filled with oxygen. **Breathe in 1-2-3-4**

Pause briefly with your lungs full. **Pause**

Slowly release the air from your lungs during the out-breath on a count of five to six. Key – make the outbreath longer for the calming effect. **Breathe out 1-2-3-4-5-6**

Practice at home, in the car, on the bus and on the playing field.



#### **When to Use it**

*Three-slow-steady-focused breathes can become your super-power for re-focusing, managing nervous energy, and increasing concentration.*

*Incorporate this into your pre-competition preparation, your pre-shot routine, or breaks in play.*

#### **Make sure you practice it!**

For more information on mental skills and performance development, contact [tara@aheadinthegame.ca](mailto:tara@aheadinthegame.ca) or visit [Aheadinthegame.ca](http://Aheadinthegame.ca)