



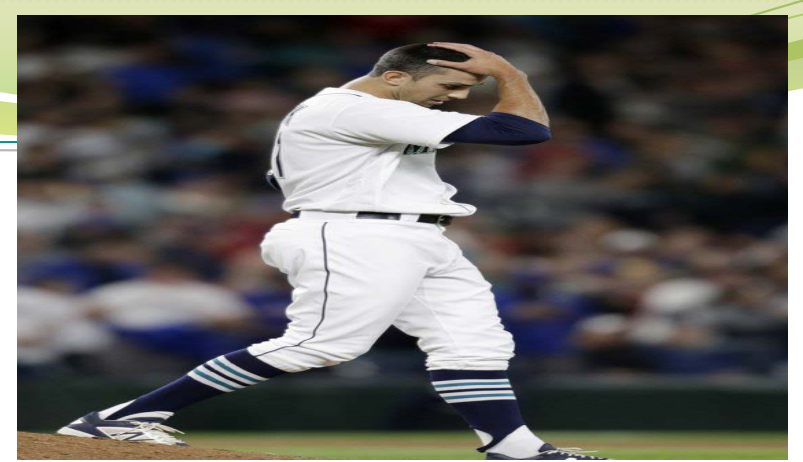
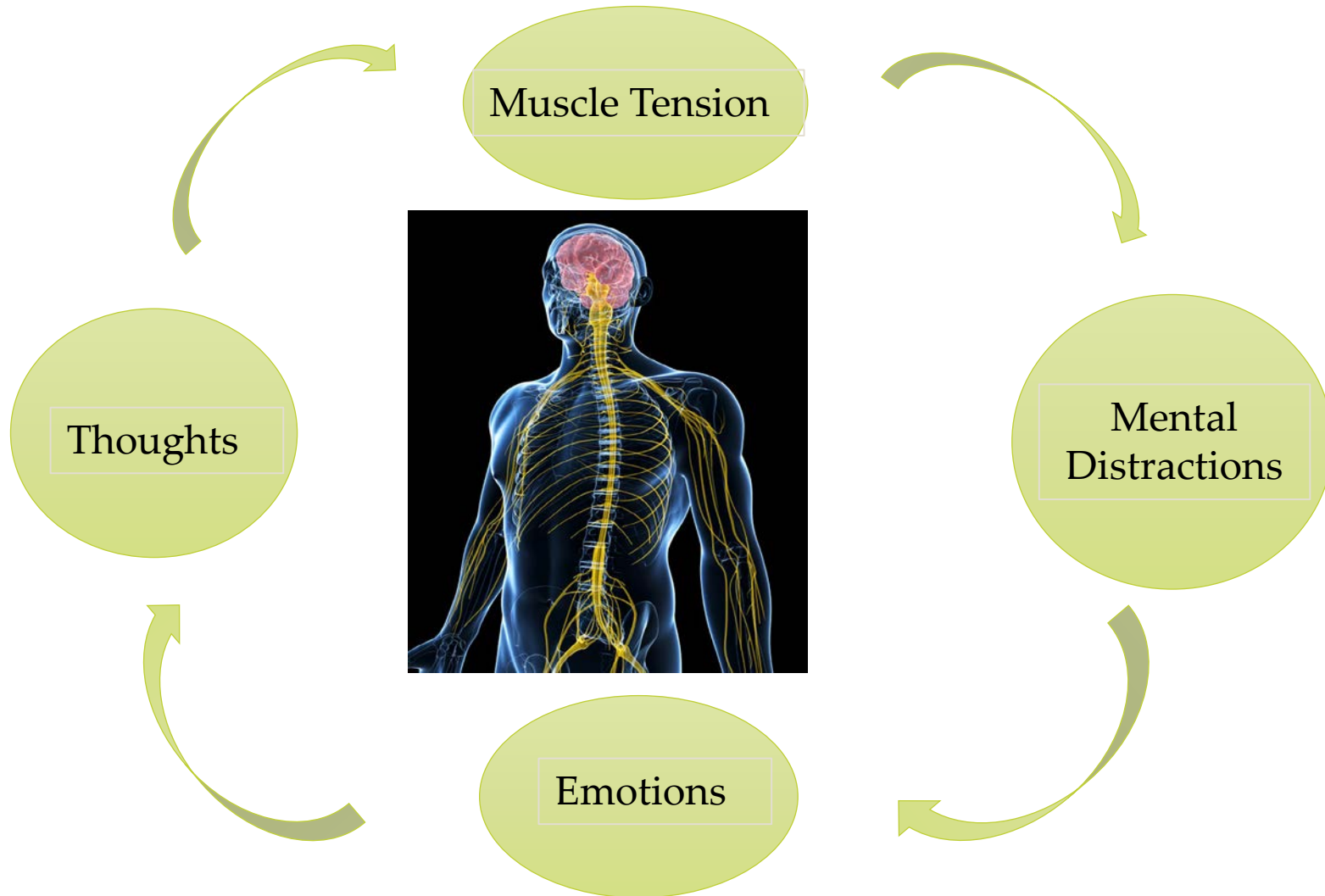
Briarcliff Manor Schools Athletics

The Well Balanced Athlete

The Mind-Body Balance in School and Sports

Alex Diaz, PhD

An on-going Cycle

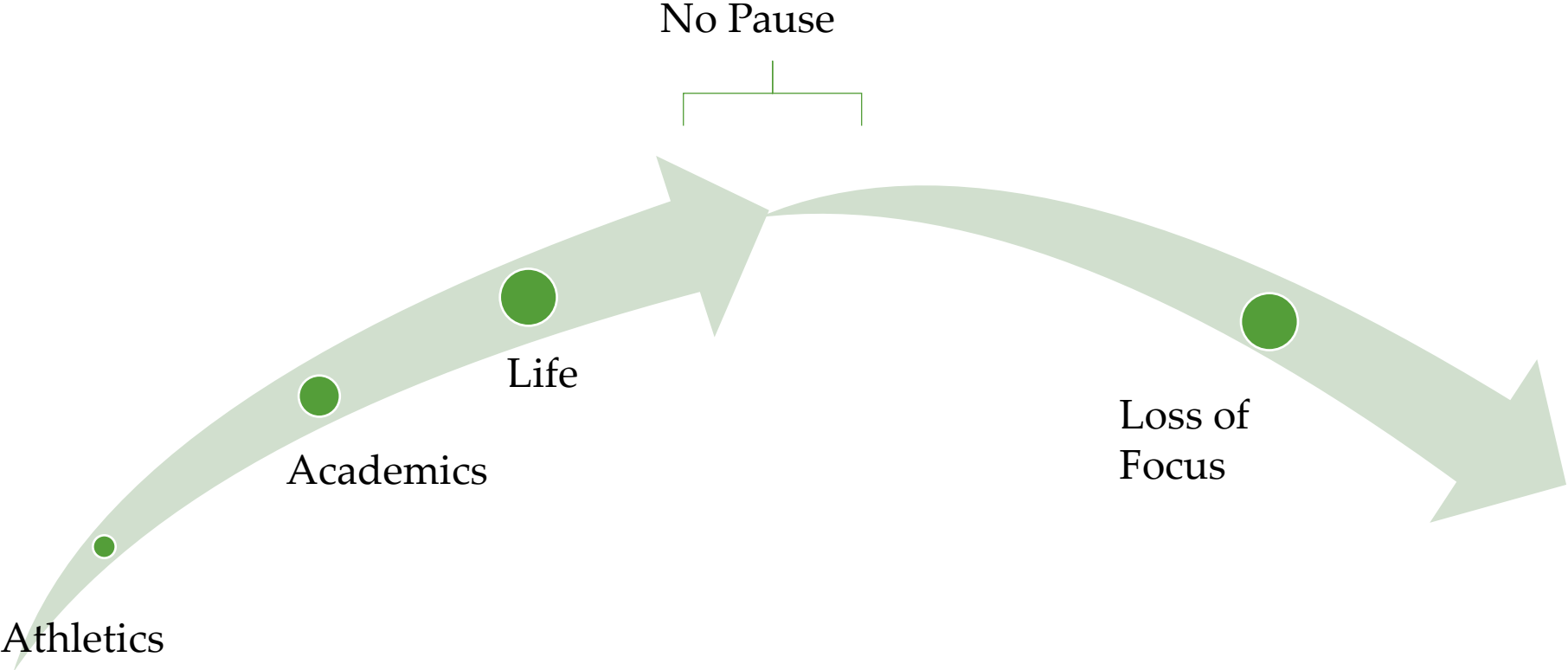


Where is YOUR stress coming from?

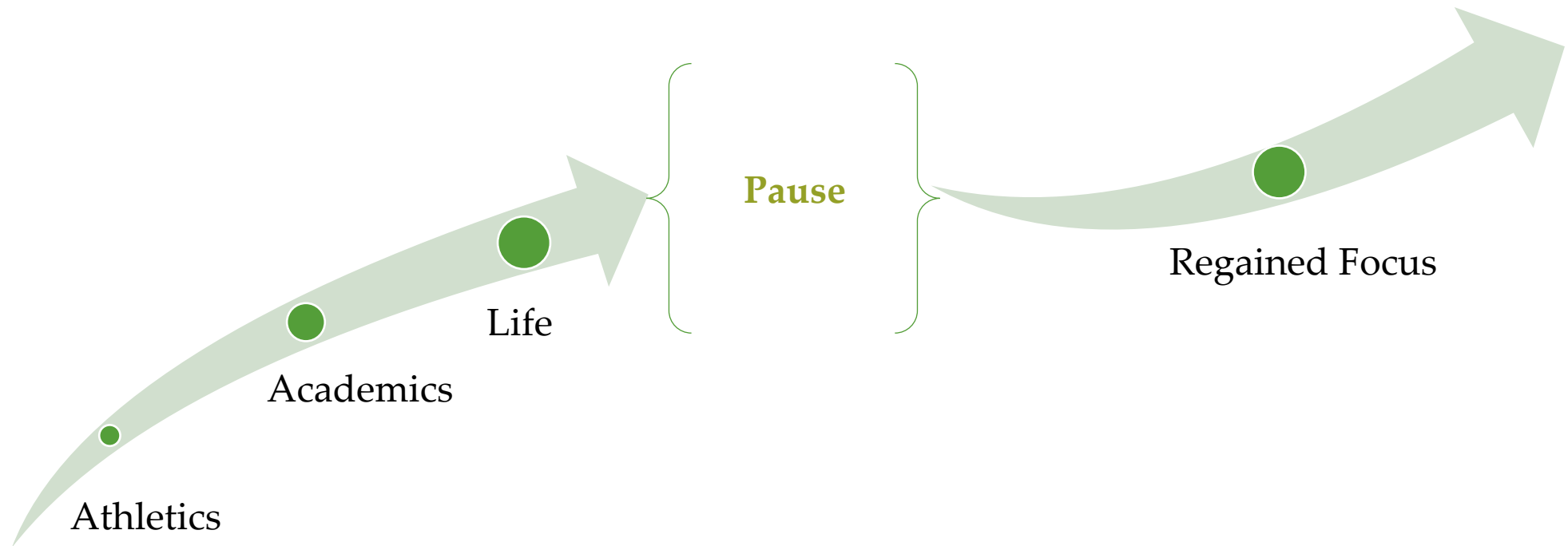
- Test taking stress
- College admission stress
- Grades / GPA stress
- Social media stress
- Family dynamics stress, including separation/divorce/death
- Meeting other's expectations stress
- Romantic relationship stress
- Peer dynamics stress
- Time management stress; sleeping late and not enough hours
- Sports achievement stress
- Sports injury/rehabilitation stress



Stress is here to stay



The key achieve focus is in the **PAUSE**



Expanding the “Pause”

Positive reframing

Effort outweighs talent

Expect opponent to do well

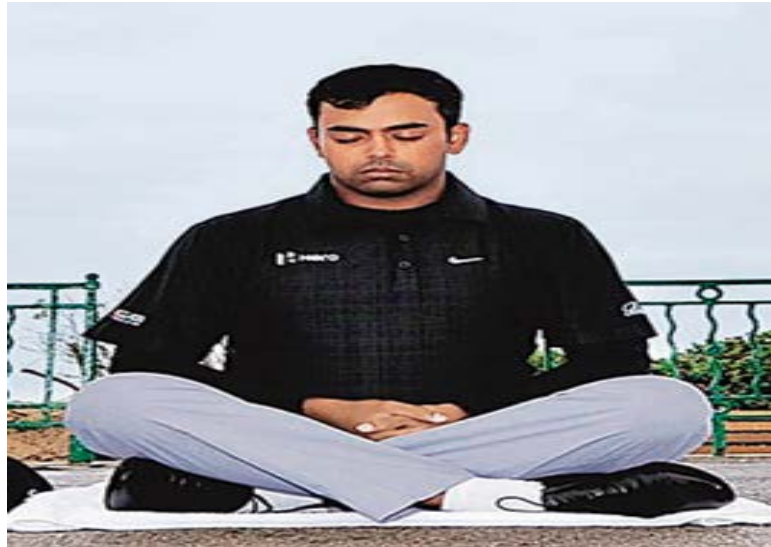
Stick with a routine

Practice Mindfulness

What is Mindfulness?

- Expanding the space between emotional reactivity/ impulsive behaviors and thoughts;
- Being rather than avoiding unpleasant thought or emotions;
- We are NOT born being mindful; it is a practice, just like in academics and sports

Who and Why Practicing Mindfulness?



Benefits from Mindfulness Practices

- ✓ Higher working memory
- ✓ Lowers blood pressure
- ✓ Enhances immune response
- ✓ Increases energy
- ✓ Improves sleep
- ✓ Alleviates chronic pain
- ✓ Lessens arthritis pain
- ✓ Helpful to treat eating disorders
- ✓ Improves executive functioning
- ✓ Decreases aggressive behavior
- ✓ Lowers anxiety
- ✓ Improves social skills
- ✓ Helps to reduce stress
- ✓ Lowers cortisol levels
- ✓ Enhances focus
- ✓ Produces calmness

Mindfulness Practices

- Walking Meditation
- Eating Meditation
- Breathing Meditation



Mindfulness Apps

- Insight Timer
- Headspace
- iMindfulness
- Mindfulness Daily

For younger kids:

- Smiling Mind
- Stop
- Breathe and Think, Calm, and Take a Chill, etc.

**If a mountain was
smooth, we would never
be able to climb it**

