



MINDBODY LAB FOR ATHLETES

Athletes benefit from meditating and practicing visualizations. These techniques decrease stress and improve focus. The MindBody Lab (MBL) for Athletes combines mindfulness coaching and biofeedback monitoring to help athletic teams learn how to better **manage strong emotions and increase personal resilience**. MBL for Athletes also teaches student athletes to improve recognition and control of their own stress levels.

MBL for Athletes includes visualizations specific to each sport and assesses changes in performance anxiety and overall stress management.

MBL for Athletes is a 5-week program, and each weekly session is approximately 45 minutes.

HOW DO I SIGN UP FOR MBL FOR ATHLETES?

TEAMS

If you are a coach and are interested in having your team participate on MBL for Athletes, please contact us at caps@sewanee.edu.

INDIVIDUALS

If you are an individual athlete please contact Counseling and Psychological Services (CAPS) at 931-598-1325 or caps@sewanee.edu to schedule your initial visit. In this meeting you will discuss your goals and if MBL is the right fit for your needs.



WHAT IS MINDFULNESS PRACTICE?

Mindfulness is simply being **fully present in the current moment**, without judgment. These practices include breathing and focusing techniques.

Mindfulness practices have been proven to have a positive effect on both mental and physical health. They help with:

- managing symptoms of depression and anxiety
- lowering blood pressure
- improving focus
- coping with pain
- teaching you to separate your thoughts from your emotions and psychological reactions

WHAT IS BIOFEEDBACK?

Biofeedback is a technique that trains you to use signals from your body to improve your mental wellbeing. It is effective for helping people deal with symptoms of stress, anxiety, anger, and depression. It uses meditation and diaphragmatic breathing techniques to **help you control your response to stress and other strong emotions**.

Biofeedback monitoring uses highly sensitive computerized instruments that can help you learn to monitor and adjust your respiration rates and heart rate variability (HRV).