

DESCRIPTION**PERFORMANCE****WELLNESS****ROUTINES**

Psychological & behavioral routines that we engage in systematically to improve our preparation, efficiency, or performance

Provide sense of control, increase focus, & help achieve desired intensity

Improvements in mood, decreased stress (less decisions)

MINDFULNESS

Intentional practice of maintaining mindful attention: present, nonreactive, and objective

Flow, focus, confidence, learning, & effort. Less anxiety, worry, doubt

Stress management, optimism, mood, improving thoughts & emotions.

BREATHWORK

Controlled breathing techniques to regulate activation, maintain focus, and recover quickly under pressure

Relaxation, emotional regulation, focus, flow

Anxiety, softening difficult emotions, improved sleep, health

IMAGERY

Mental rehearsal or vivid imagination of various scenes to enhance focus, build confidence, or support emotion regulation

Confidence, skill development, motivation, focus, feelings of control.

Positive emotions, self-esteem, happiness

Mental Health Tips Nfl Schedule How To

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Delve into the emotional tapestry woven by Emotional Journey with in **Mental Health Tips Nfl Schedule How To** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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