

*a n i n s t a n t h e l p b o o k f o r t e e n s*

# mindfulness for student athletes



a workbook to help  
teens reduce stress &  
enhance performance

**\* get & stay in the zone**

**\* improve confidence  
& mental toughness**

**\* shift  
challenges into  
opportunities**

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## Publisher's Note

*This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering psychological, financial, legal, or other professional services. If expert assistance or counseling is needed, the services of a competent professional should be sought.*

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# 8

## sport sense awareness: tuning into your senses

Being in the zone—that is, in a state of focus where everything flows in tune with your mind and body—can positively impact your sports performance. In contrast, zoning out, daydreaming, and being on autopilot can negatively impact your performance in virtually anything you do—especially in sports. Paying attention to your five senses—what you see, smell, touch, taste, and hear—can bring you to the here and now. Being in the present can help you focus on what you’re doing as you’re doing it.

### tune into your senses

The table that follows presents the responses of four student athletes who were part of a group asked to share their preferred sport and list all the different things they could be aware of for each of their senses.

Using their examples, circle all the senses that apply to your sport(s). Even if the sport listed isn’t one you play, you may notice that sense when you play your sport(s).

activity 8 \* sport sense awareness: tuning into your senses

Sense Awareness					
Sport	See	Smell	Touch	Taste	Hear
<b>Volleyball</b>	net, ceiling, lines, volleyball, asphalt, sky, outside, ref, air, jerseys, inside, knee pads, players, vents, people, spectators, sand, stands, ocean	sweat, knee pads, food from concessions, plastic, ocean, floor wax, sunscreen, air, ball	ball, water bottle, floor, net, stands sitting on, floor burns, clothes	sweat, popcorn, food, drink, blood, ball, net	cheering, screeching, noise on ground, talking, whistle, bouncing
<b>Lacrosse</b>	goal, grass, field, people, stick, big water jugs, crease in front of goal, uniforms, refs	grass, air, turf, plastic, ball's distinct smell, burning rubber, melted plastic on shoes	water on body and melting on your feet, other people, goggles, stick, gloves, grass, ground	sweat, victory, stick, mouth guard, sports drink	whistle, people, yelling, running, crying, feet on turf, grunting

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<b>Baseball</b>	bat, ball, gloves, diamond, other players, dugout, popcorn, bases, helmets, people on other teams, sand, cleats	popcorn, sweat, dust, glove, chalk from the lines, grass	glove, mitt, bat, ball, base, light, dirt, hands when high- fiving, water bottle	dirt, sweat, bubble gum, sunflower seeds, Gatorade	bat hitting the ball, sliding, yelling, cheering, strike three, sound of people running
<b>Rowing</b>	person in front of you, water, sky, sun, car, oar, trees, boat, logs floating in water, megaphones to hear coxswain	sweat, algae, dirt, cars, sunscreen	oar, side of boat, seat you are in sliding back and forth, if doing something wrong the water	water from water bottle, splash from person in front of you, sweat, sunscreen	yelling, sound of oar hitting the water, seat squeaking, boat not much noise, cars, wind, people

Now, pick one of the sports you play. List it here: \_\_\_\_\_

With this sport in mind, list what you can see, smell, touch, taste, and hear when you're preparing and playing, and after you've finished. You can download a blank copy of this table at <http://www.newharbinger.com/40798>.

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Sense Awareness					
Sport	See	Smell	Touch	Taste	Hear

activity 8 \* sport sense awareness: tuning into your senses

Which of the senses is the strongest and most accessible to you?

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Which of the senses is hardest for you to notice?

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Now that you know which of the five senses is strongest to you, when you want to be in the here and now, check in with your strongest sense first.

game time mindful takeaway      Paying attention to your senses allows you to be in the present moment. Being in the here and now can improve your focus, awareness, and clarity, greatly affecting your sports performance.

something more:  
*being mindful of activities*

You can pay attention to your senses with any activity. When you're noticing any of the five senses, you're being mindful, because you're noticing that sense right now, in this moment. Mindfulness is all about being in this moment.

activity 8 \* sport sense awareness: tuning into your senses

What activities are you involved in that you can bring sense awareness to by noticing your five senses? Here are some examples: hobbies, dance, music, a job. List a few activities here:

---

Engage in an activity right now, and list everything you notice for each of the five senses. Write the activity here: \_\_\_\_\_

Sight \_\_\_\_\_

---

Smell \_\_\_\_\_

---

Touch \_\_\_\_\_

---

Taste \_\_\_\_\_

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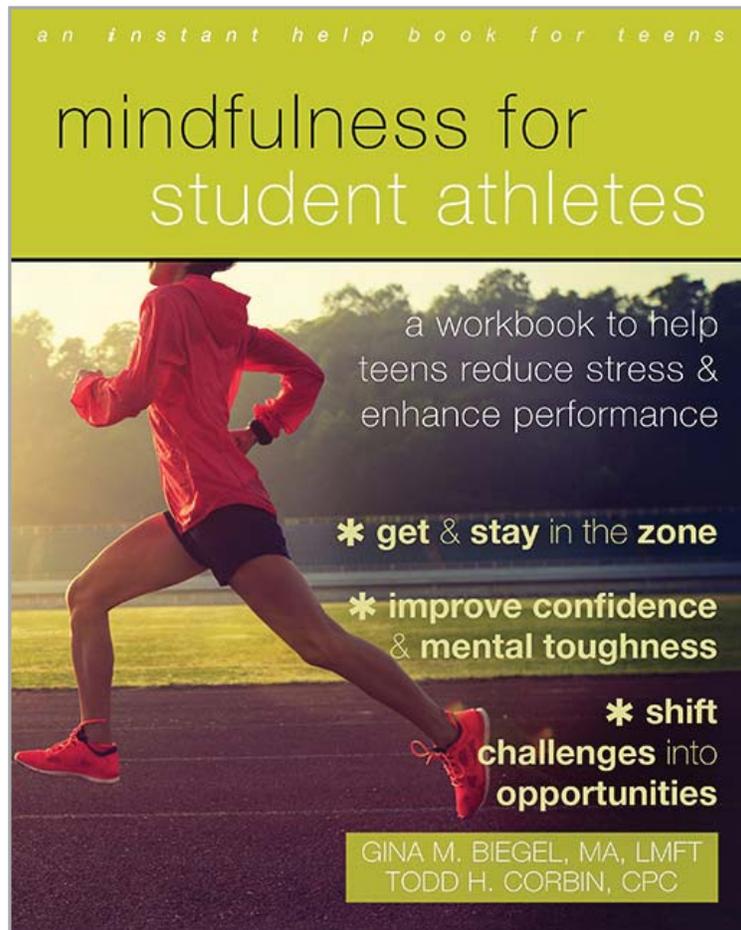
Hearing \_\_\_\_\_

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If you noticed anything that was different, new, or surprising to you, write about it here.

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For more mindfulness skills to not only help you on the field, but in life as well,

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