

# Mind/Body Skills for Workouts and Performance

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# Two Factors

- 1. Adjust activation-not bored or agitated.
- (inverted –U-hypothesis)
  
- 2. Actively focus on the proper cues.
- (locus of control)



# To increase your activation

- \*Be sure to warm up.
- \*Listen to your favorite music.
- \*Imagine yourself as fast and powerful.
- \*Pretend you have a crowd watching and draw energy from it.



# To decrease your activation

- \* Be mindful.
- \* Breathe slowly from your belly.
- \* Repeat calming words to yourself - “relax”.
- \* Progressive Relaxation



# RELAXATION RESPONSE

- Reduced blood pressure
- Reduced respiratory rate
- Reduced heart rate
- Reduced oxygen consumption





# FOCUS YOUR IMAGERY

- Think in pictures.
- Remain in a quiet and calm environment.
- Use all of your senses.
- Visualize in full color and detail.



# IMPROVE YOUR IMAGERY

- Internal imagery is most effective. Picture yourself performing from your own perspective, rather than viewing yourself as if watching television.
- Imagine yourself performing well. This will boost your confidence and improve your performance.



# IMPROVE YOUR IMAGERY

- Practice imagery regularly as it is a skill that improves with practice.
- Believe that imagery works, because the placebo effect (if you think it works, it will) is quite powerful.
- Stay relaxed and focused when practicing imagery.





# FLOW

- 1. Regulate your activation level. You should strive not to be too excited or too bored.
- 2. Focus on the proper cues.
- 3. Flow chart – characteristics of “flow”.



# Begin Your Workout

- 4. Scan your body. Are you relaxed? Are you activated? Are you focused?
- 5. Associate or dissociate. Check your comfort level, if you are uncomfortable, change your posture, stride length, or form.



# STAIRCLIMBING

- 1. Begin your stair climbing by selecting your program setting for manual control. Set the time for 20 minutes. Concentrate on your breathing. Breathe deeply from your diaphragm. Feel your rib cage and abdomen expand with each breath. Count your steps on each inhalation and exhalation. Focus only on the relationship between your steps and your breath.



# Research

- Is Practice Important?
- Which is better: Relaxation, Imagery, or a combination of Relaxation & Imagery?
- Which is better: Guided Imagery or Self-Suggestion?
- Which is better: An individualized program or a packaged program?