

Mind/Body Skills for Workouts and Performance

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Two Factors

1. Adjust activation-not bored or agitated.
(inverted U-hypothesis)

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 -
- * 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.

IMPROVE YOUR IMAGERY

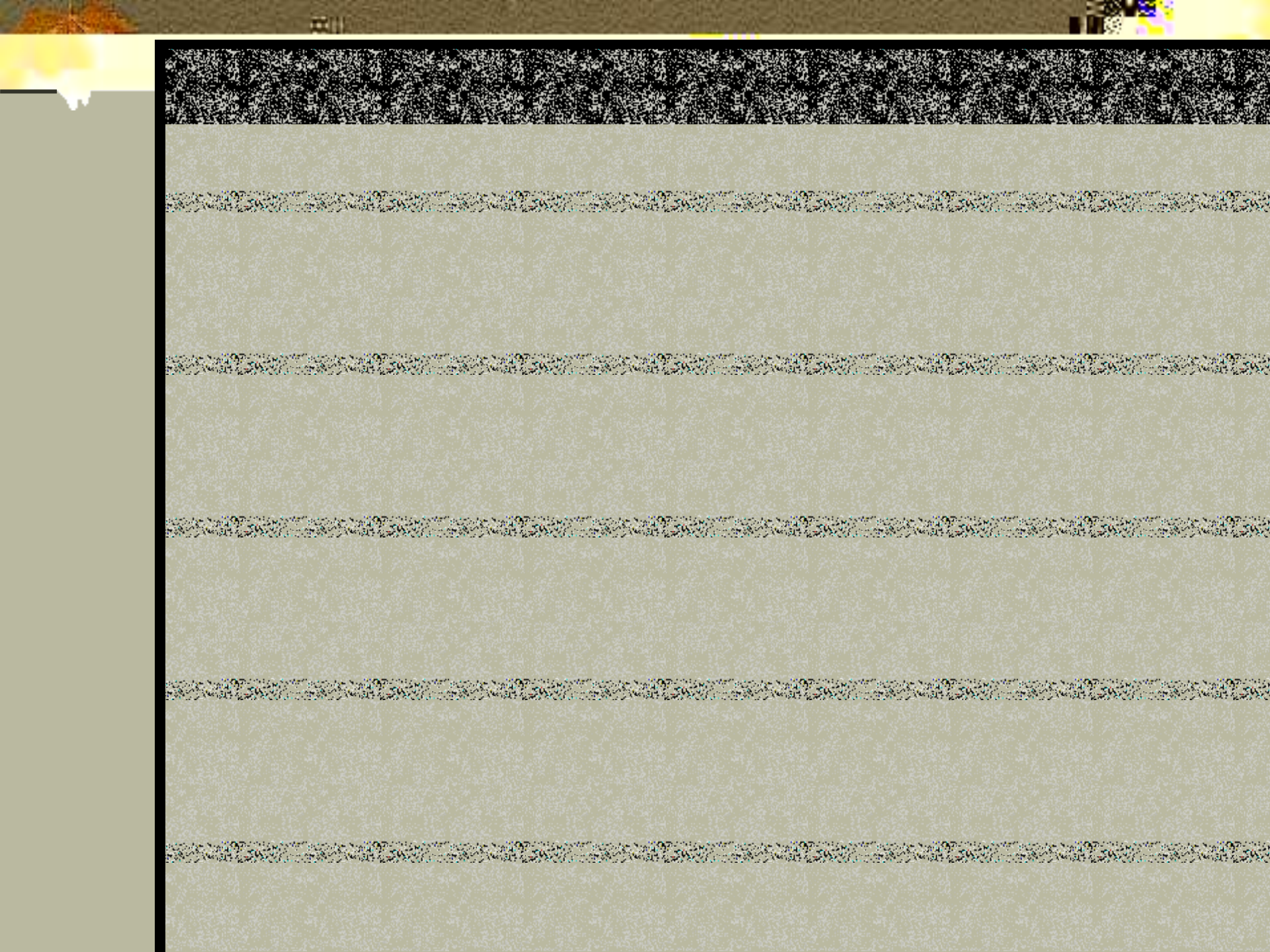
Practice imagery regularly as it is a skill that improves with practice.

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



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?