



Athlete Resources found in the Member Dashboard

For this week's *At Home* resources for athletes, let's dive into the Athlete Development > Psychological competency. This week we'll look at mindfulness and what it means. 2016 Olympic Silver Medalist, Zach Garrett is a big proponent of mindfulness and saw the benefits of increasing his awareness before the 2016 Olympic Games by using mindfulness training. Zach explains, "We all have the power to choose how we feel about a situation. We can choose to see opportunities rather than barriers. We can choose to be excited about possibilities rather than afraid of uncertainty. The situation, viewed from two different angles, may look very different. Our challenge is to choose the angle by which we see."

Zach explains, "the first step is to be mindful of your thoughts and emotions. By increasing your awareness of how you typically react to a situation, you'll realize you have the ability to choose that reaction rather than allowing it to just happen automatically."

Learn more about this topic with these resources on mindfulness. Start with Judson Brewer's TED Talk on mindfulness and habits and Mastering the Mental Game with Seattle Seahawks Head Coach Pete Carroll. Then check out the free guided mindfulness activities to start increasing your awareness.

Athlete Development > Psychological

Judson Brewer - [A simple way to break a bad habit](#) - TEDMed Talk

[Mastering the Mental Game](#) - Pete Carroll, Michael Gervais, Jon-Kabat-Zinn

Jon Kabat-Zinn, PhD - [Guided Mindfulness Meditation](#)

[Free Guided Mindfulness Activities](#) - University of California San Diego Center for Mindfulness