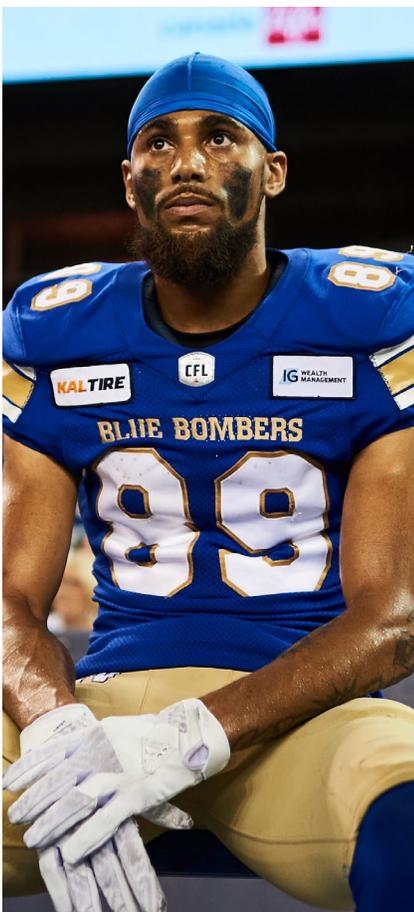


# SEAS THE MOMENT

## BREATHE TO RECHARGE, REFOCUS AND REGAIN CONTROL

*You might be feeling stressed because it feels like life is upside down.*

Did you know that practicing breathing can help you feel more in control now and help you be unstoppable when you return to your sport? Being able to reset your mind and your body through breathing can help you manage stress as well as make you tougher to play against and make it more difficult for an opponent to get under your skin.



Here is how you can **SEAS** the moment and start to practice your breathing. All you need is 2 minutes to get started. You can do this once a day or at several times throughout the day:

- **Slow your breathing down** – take 1 breath every 10 seconds. Slow down your brain - say something to yourself like relax, be calm or let it go. It is important to say this calmly and slowly to yourself.
- **Exhale longer than you inhale.** Focus on your exhale, gradually allow it to get longer so eventually your exhalation is twice as long as your inhalation (e.g. after practicing you may be able to inhale for 3 seconds and exhale for 6 seconds, ([this link will help you do this](#)).
- **Abdomen will inflate** - as you inhale inflate your stomach like a balloon and as you exhale let it fall. Try to keep your chest still. To make good use of your schoolbooks, put them on your stomach and watch them rise and fall as you breathe.
- **Soften your shoulders as you exhale.** Allow your shoulders to sink down as you continue to breathe slowly.

The first few times you try this it may be best to be in a quiet space without distraction. The purpose of this practice is to help you maintain an inward focus on your breathing as you are faced with increased distractions. As you develop your breathing skill you will find that you can do this in settings with lots of distractions – like the sidelines of a Bombers game!



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