

Win the mental game



The best athletes know that the mental game is just as important as the physical game. Meditation increases grey matter in the prefrontal cortex region of the brain responsible for focus and decreases the size of your amygdala which is responsible for stress and fear.

The studies below are based on general preliminary mindfulness research unless specifically identified as a Headspace study.

PREPARE

- **Focus** - Headspace has been shown to improve focus by 14% in just 10 days
- **Brain activity** - One study showed that long-term meditators had more sustained gamma-activity. Gamma waves are associated with improved memory retention, information processing and basic focus.

PERFORM

- **Reaction time** - Science has found that our attention 'blinks' for half a second when transitioning focus. Meditation has been shown to significantly diminish that "blink." For athletes, this could impact the transition time from moving from one play to the next.
- **Resilience** - Just 10 days of Headspace resulted in significantly increased resilience
- **Mental grit** - Meditation has been shown to change your brain to help reduce overthinking. For athletes, this could mean letting go of bad plays and staying in the present.

RECOVER

- **Heart Rate Variability** - Meditation has been shown to help transition from a sympathetic to a parasympathetic state, improving HRV. The results of improved HRV are reduced heart rate, slower breathing, reduced stress, and improved sleep.
- **Pain management** - Meditation training can cause a 40% reduction in pain intensity and a 57% reduction in pain unpleasantness
- **Sleep** - Meditation has been shown to be more effective for improved sleep quality than sleep classes



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