

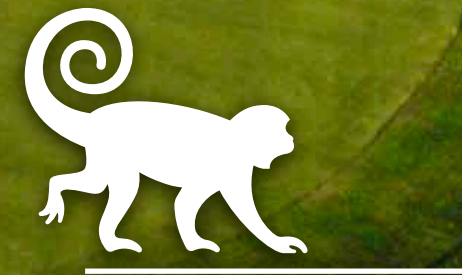


STRESSMANAGEMENT AUS DEM PROFISPORT

Nadine Rass
Mind • Nature • Sports



HOW TO SUPPORT
YOUR MIND MONKEYS



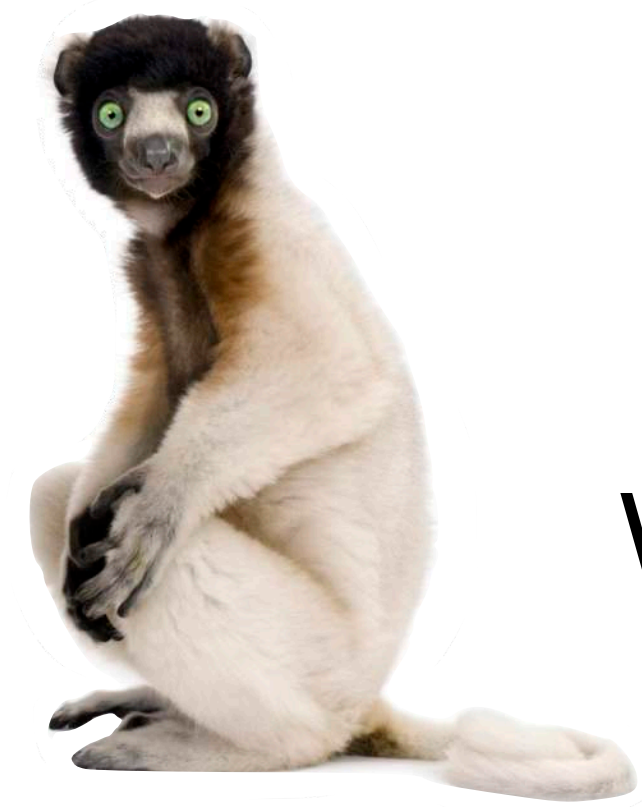


REFLECT YOUR MOMENT OF EXCELLENCE



FAST RECOVERY

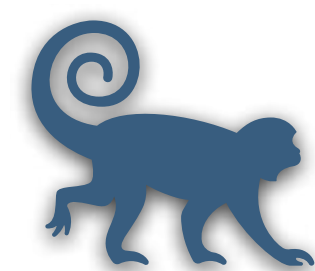
RAUS AUS
DEM DRECK
JETZT 



WIE GEHT **FAST** RECOVERY ?



SLOW DOWN



30

SEC

SIP ICE WATER

IN AKUTEN STRESS MOMENTEN

DIAGONAL TAPPING

RE

LAX



GIVE YOUR BEST & WAIT FOR RESULTS



WIE GEHT PATIENCE ?

YOUR 6 STEP MUOP URGENT OUT PLAN



1.
REALIZE

Ja, im Moment
fühle ich...

Body Pain
Safe Place
Memory

WORDING

2.
STEP OUT

Dreh dich weg
Bleib in deiner
BLASE

Let monkeys go
wipe off

HUMOR

3.
MOVE

Rundung SPÜREN
ReLi Koordination

Shoulder Turn
Swing Arms
Open Feast
Gorilla Tap

SHAKE OFF

4.
BREATH

f-laut ausatmen

Brustbein up
Arme aufbreiten
Ein Bein Stand
Waggle

BALANCE

5.
RELAX

30 sec

AKUT
NERVUS VAGUS
Atemtiefe
Closed Eyes

BREAK

6.
CONVINCED
GO

Entschlossenheit
Neue Gedanken
Fokus
Just DO it.

Reflect your
MOE

JUBEL



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WORKING WITH YOU TODAY
WAS MY MOMENT OF EXCELLENCE
THANK YOU.