

# Wellness Tools for Winter Athletes

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**Rubber band trick:** To help train your brain to stay positive, you can take a rubber band and keep it around your wrist. Whenever you catch yourself using the words that you should avoid (see below), you snap yourself with the rubber band. Overtime, it will train your brain not to think those things.

**Pre-run centering routine:** Before each course, take three deep breaths and repeat your performance cue word or phrase. This creates consistency in your mental preparation.

**Keep a ski journal:** Having a ski journal can help you remember things that you learned that day, and/or key points about a certain. Kepping a jjournal can also help prepare you for the next day.

**Daily mental imagery (five to ten minutes before bed):** Visualize yourself skiing three turns with fluidity and precision. Hear the sounds, and feel the flow. This helps your body and mind prepare for the next day.

**Performance cue words or phrase:** Stay positive and use words like *can*, and *will*. These words don't allow doubt to come into your brain. Avoid words like *should*, *wish*, *hope*, *but*, *won't*, *can't*, and *could*. *These words pull us away from our highest potential and allow doubt to hold us back.*

**Post-run reflection journals:** After each significant run (good or challenging), briefly note: What went well? What could I work on? What did I learn? What should I focus on for the next run? Summarize to 3-4 sentences. Keep it short.

**Celebrate small wins:** Each evening, identify three specific things that you did well that day, no matter how small. This reinforces positive patterns and builds confidence.

**Recovery routine practice:** Counciously practice your mental reset between runs. Make it a ritual: acknowledge what happened, take a deep breath, refocus on the next oppurtunity.