

# Awareness & Breathing for Performance

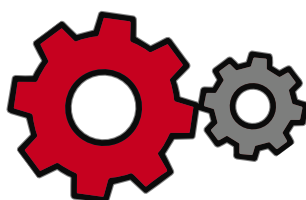
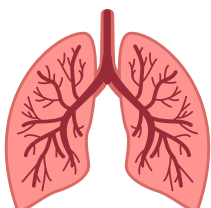
## *Know your Gear. Control Your Breath. Trust Your Game.*

Awareness is at the base of performance, you can't fuel, think, or compete at your best if you don't know where your body and mind are at. Breathing is a great first step to building that awareness.

### GEAR 1

#### Fight or Flight

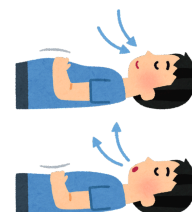
Adrenaline, HR is up  
Sharp vision, fast reaction  
Shift, penalty kill, breakaway  
Mouth breathing --> chest/lung



### GEAR 2

#### Rest & Recover

HR slows, muscles relax  
Body heals, refuels, repairs  
Sleep, meals, stretching, quiet moments  
Nose breathing --> Diaphragm



*Neither state is "good" or "bad".  
Great athletes know how to switch between them!*

#### Mouth Breathing

- Air goes to the upper lungs
- Fast, shallow, stress response
- Good for in-game intensity
- Keeps body in fight-or-flight if stuck here all day

#### Nasal Breathing

- Air travels deeper to the diaphragm
- Slows heart rate, calms the body
- Helps recovery, focus, decision-making
- Best for off-ice, pre-game, post-shift resets

### 4x2x4 Breathing Drill

Look down or close your eyes.  
Inhale through your nose for 4 seconds.  
Hold for 2.  
Exhale through your mouth for 4.  
Repeat 3-5 times.

**Goal: Don't change it, just notice. That's awareness.**



**KYLIE'S 1:1 LINK**

**BREE'S 1:1 LINK**

SELF AWARENESS & ROUTINE

NUTRITION