

Awareness & Breathing for Performance

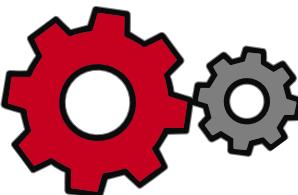
Know your Gear. Control Your Breath. Trust Your Game.

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

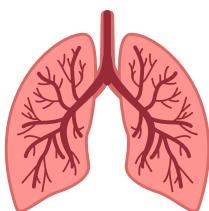
Adrenaline, HR is up
Sharp vision, fast reaction
Shift, penalty kill, breakaway
Mouth breathing --> chest/lung



GEAR 2

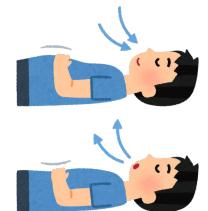
Rest & Recover

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.



SELF AWARENESS & ROUTINE

[KYLIE'S 1:1 LINK](#)

[BREE'S 1:1 LINK](#)

NUTRITION