

cyclones **MENTAL MINUTE**

4 INTENTIONS TO THINK ABOUT HEADING INTO THE NEW YEAR!

1. SLEEP zzz

Off the ice: Consistent sleep, phone down earlier

On the ice: Faster reactions, better reads, emotional control

2. FUEL & HYDRATION

Off the ice: Eat enough, hydrate consistently

On the ice: Sustained energy, stronger battles, fewer mental lapses

3. MOVEMENT & RECOVERY

Off the ice: Warm-ups, mobility, intentional recovery

On the ice: Cleaner skating, less stiffness, more confidence in your body

4. MINDSET & FOCUS

Off the ice: Breath, routines, limiting mental clutter

On the ice: Better shifts after mistakes, quicker resets, team trust

deep dive **SLEEP**

We want QUALITY sleep versus quantity.

Consistency is key!

With your schedules it's not always easy! Do your best!

Light Management.

Light controls melatonin which is your sleep hormone. Try to eliminate phones IN bed. Think "*Bright nights = Foggy Mornings*"

Nervous System Downshift.

Think about "powering down" each night. If your nervous system is still in game mode your quality of sleep tanks! Helpful habits: slow nasal breathing, stretching/mobility, reading.

Fuel & Timing.

Sleep is metabolic recovery. What helps here is eating enough calories throughout the day, balanced dinners, and front loading hydration so you're not waking to use the bathroom.

Environment.

Bedrooms should be for SLEEPING! It should tell your brain one thing: SLEEP. Ideal set ups are blackout curtains or sleep masks, cool (65-68 is possible!), and quiet!

We always QUALITY over quantity!



BEING INTENTIONAL CREATES GREAT HABITS!

cyclones MENTAL MINUTE

4 INTENTIONS TO THINK ABOUT HEADING INTO THE NEW YEAR!

1. SLEEP

Off the ice: Consistent sleep, phone down earlier

On the ice: Faster reactions, better reads, emotional control

2. FUEL & HYDRATION



Off the ice: Eat enough, hydrate consistently

On the ice: Sustained energy, stronger battles, fewer mental lapses

3. MOVEMENT & RECOVERY

Off the ice: Warm-ups, mobility, intentional recovery

On the ice: Cleaner skating, less stiffness, more confidence in your body

4. MINDSET & FOCUS

Off the ice: Breath, routines, limiting mental clutter

On the ice: Better shifts after mistakes, quicker resets, team trust

deep dive

FUEL & HYDRATION

We want **CONSISTENT** fuel every day, not just game day fuel!

The brain is an energy hungry organ, if it's under-fueled or under hydrated, performance can drop before your legs do!

When fuel or hydration is off it may result in:

Reaction time slows, late reads, emotions run hot, and mistakes can run longer than you'd like.
Mental fatigue can show up before physical fatigue.

**Again, consistency is KEY when being intentional.
Not perfection, just being consistent.**

Fueling off the ice:

Eat enough calories throughout the day, every day.

Include protein + carbohydrates at meals. Don't skip meals, especially earlier in the day!

You'll feel it on the ice by:

Sustained energy, Better decision-making late in games, Fewer mental lapses under pressure,
Stronger battles when fatigue sets in.

Hydration directly affects focus, reaction time, and moods!

Mild dehydration can cause: Brain fog, Poor concentration, Faster emotional spikes, Slower reaction times

Off the ice: Hydrate consistently throughout the day, Don't rely on chugging right before practice or games

On the ice: Faster reactions, Clearer communication, Better endurance, More emotional control

SIMPLE THOUGHT

If you feel: Foggy, Irritable, or Flat in energy CHECK FUEL & HYDRATION before blaming skill or effort.

Fueling too late or inconsistently stresses the nervous system!

Helpful habits:

Front-load fuel and hydration earlier in the day, Balanced dinners (protein + carbs), Avoid long gaps without eating and drinking

Fuel your brain AND your game!



BEING INTENTIONAL CREATES GREAT HABITS!

cyclones MENTAL MINUTE

4 INTENTIONS TO THINK ABOUT HEADING INTO THE NEW YEAR!

1. SLEEP

Off the ice: Consistent sleep, phone down earlier

On the ice: Faster reactions, better reads, emotional control

2. FUEL & HYDRATION

Off the ice: Eat enough, hydrate consistently

On the ice: Sustained energy, stronger battles, fewer mental lapses

3. MOVEMENT & RECOVERY

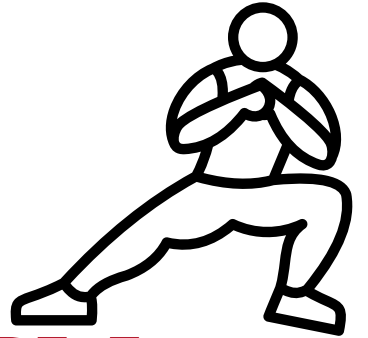
Off the ice: Warm-ups, mobility, intentional recovery

On the ice: Cleaner skating, less stiffness, more confidence in your body

4. MINDSET & FOCUS

Off the ice: Breath, routines, limiting mental clutter

On the ice: Better shifts after mistakes, quicker resets, team trust



deep dive

MOVEMENT & RECOVERY

We want tough and PREPARED bodies.

Movement and recovery keep your nervous system, muscles, and joints working together. Stiff, sore bodies force the brain to play defense. Prepared bodies allow the brain to play free.

Why Movement & Recovery Matter for the Brain

When the body feels stiff or restricted:

The brain puts the brakes on, Movements become hesitant, Confidence drops, Reaction time slows

How your body feels directly affects how fast and confident you play.

Recovery Is a Daily Habit

Recovery isn't something you do after you're broken. It's something you do daily so you stay available. Recovery is a habit, not a rescue plan!

This is a very BE WHERE YOUR SKATES ARE habit.

Intentional Movement: Movement prepares the body and calms the nervous system.

Off the ice: Dynamic warm-ups, Mobility work, Light activation (hips, core, shoulders)

On the ice: Cleaner skating mechanics, Better balance and edge control, Faster transitions, More confidence in your body and brain

Think: Loose bodies move decisively.

Intentional Recovery: Recovery reassures the brain that it's safe to go all in.

Off the ice: Stretching, Light movement (yoga-type poses), Breath work, Sleep support

On the ice: Less stiffness, Reduced injury risk, More consistent shifts, More energy late in games

Think: Recovered bodies respond faster.

Helpful Recovery Habits

Slow nasal breathing, Long exhales, Gentle mobility, Downshifting after games and practice

If you feel tight, heavy, hesitant, or flat in energy you're likely under-recovered.

BEING INTENTIONAL CREATES GREAT HABITS!



cyclones **MENTAL MINUTE**

4 INTENTIONS TO THINK ABOUT HEADING INTO THE NEW YEAR!

1. SLEEP

Off the ice: Consistent sleep, phone down earlier

On the ice: Faster reactions, better reads, emotional control

2. FUEL & HYDRATION

Off the ice: Eat enough, hydrate consistently

On the ice: Sustained energy, stronger battles, fewer mental lapses

3. MOVEMENT & RECOVERY

Off the ice: Warm-ups, mobility, intentional recovery

On the ice: Cleaner skating, less stiffness, more confidence in your body

4. MINDSET & FOCUS

Off the ice: Breath, routines, limiting mental clutter

On the ice: Better shifts after mistakes, quicker resets, team trust

deep dive

MINDSET & FOCUS

WE WANT STRONG MINDS UNDER PRESSURE!

Mindset and focus are what help you stay calm, confident and consistent.
ESP. when things get chaotic in life and the game.

CONSISTENCY IS KEY!

Mindset and focus aren't something you "have" or "don't have."
It's something you practice daily just like hockey skills.

ATTENTION CONTROL.

Your brain can't focus on everything at once.

Focus = choosing what matters right now.

Helpful habits: concentration grids, puzzles, time boxing, scheduled breaks

BUILD A RESET ROUTINE!

Mistakes will happen, how fast we bounce back is what matters!

RESPONSE OVER REACTION.

B.R.A.C.E. RESET

Breathe in + **R**elax the shoulders + **A**im for next job + **C**ommit + **E**ngage

BE YOUR INNER COACH WITH STRONG SELF TALK.

Negative self talk creates tension in the body and hesitation.

STRONG SELF TALK CREATES ACTION!

CONTROL THE MENTAL CLUTTER.

Brains need recovery too. Too much noise by way of doomscrolling social media and mental overthinking can cause mental fatigue.

Helpful habits: short phone breaks, music, journaling, reading.

BEING INTENTIONAL CREATES GREAT HABITS!

