

THE MAJOR LEAGUE MINDSET MVP

A DEEP, MEANINGFUL BIG LEAGUE BREATH...

MY BREATH =

BIG LEAGUE BREATH

YOUR MAGIC PILL TO RESET & REFOCUS. GIVE IT MEANING!

YOUR **TICKET** TO THE PRESENT-MOMENT

FUNNEL ALL OF YOUR FOCUS TO THE VERY NEXT PITCH



SLOW THE GAME & YOUR MIND DOWN. BRING ABOUT AN "ENERGIZED TRANQUILITY"

THE #1 TOOL

HAVE AOB AND UTILIZE THE POWER OF YOUR BREATH

AWARENESS OF BREATH

INHALE

SLOWLY, QUIETLY & DEEPLY THROUGH YOUR NOSE

BETTER BREATHING = BETTER PERFORMANCE

BREATHE LESS TO BREATHE RIGHT

OUT THROUGH YOUR NOSE (OPTIMAL) OR MOUTH


SHALLOW BREATHING

DEEP BREATHING

DOWN INTO THE BELLY USING YOUR DIAPHRAGM. STOMACH SHOULD GO OUT

SLOWLY, QUIETLY, GENTLY, EXHALE SLIGHTLY LONGER THAN INHALE. STOMACH SHOULD FALL DOWN.

EXHALE



HUMAN TENDENCY TO HOLD OUR BREATH/ BREATHE SHALLOW WHEN IN STRESSFUL/ CHALLENGING SITUATIONS

THAT WILL SPEED THE GAME UP & MAKE IT HARDER TO FOCUS/PERFORM



WIDEN THE GAP BETWEEN AN ADVERSE EVENT AND YOUR RESPONSE TO IT

GO FROM A HIGHLY EMOTIONAL AND FRUSTRATED STATE TO A GROUNDED, PRESENT & CALM CONFIDENCE STATE



E + R = O

EVENT + RESPONSE = OUTCOME

