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Breathing

Time required: 2-3x 5 min. daily

Summary



What to do?

- Focus on deep breathing for 5 minutes regularly during the day



Why should I do this?

- Shallow breathing (accelerated during a match) and rapid heartbeat are a source of stress, anxiety, lack of focus - the brain evaluates this as a threat and restricts itself to basic activities.
- Insufficient breathing and subsequent oxygenation dampens brain activity. Conversely, sufficient oxygenation allows you to perform better with your head.
- Regular deep breathing training strengthens the chest and abdominal muscles, and expands the volume of the lungs.

When am I done? (criteria for evaluation)



- For 30 consecutive days, you set aside 5 minutes daily before exercise, in the evening before going to sleep, and once more at any time during the day.

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Instruction



- Ideally before bed, before performance (training, match) and once more during the day. I.e. if I don't train, I don't race 2x a day, if I train / race that day, then 3x a day.
- Sit straight or lie with your knees bent and repeat for 5 minutes a deep breath through your nose (count to at least 5 in your mind) and an equally long exhalation. As you breathe, watch the airflow through your nose into your lungs and out. Maintain the same length of inhalation and exhalation throughout the day. When breathing in the evening, you can lengthen the exhalation (just 2x longer than the inhale.)
- Do it anytime during the day when you find 5 minutes alone. Do it a second time in the evening before going to sleep, i.e. just before you do a visualization or repeat the power sentences.

If you have a performance that day (training, match):

- Just before you go on the ice - match or training (habit building), in short, before the performance, sit quietly for 5 minutes with your eyes closed and repeat inhaling through your nose - exhaling through your mouth (again min. count to 5). Maintain the same length of inhalation and exhalation.

Alternative:

- Breathe into your belly - inflate it as much as it will allow.

