



LILLEHAMMER DIGITAL CURLING CAMP



PHYSICAL ACTIVITY DAY 2

BREATHING

Today we will focus on controlling the controllable - YOURSELF! This is one of the biggest challenges facing almost all curling athletes. Everyone feels a range of emotions before, during and after a game or a competition: frustration, stress, worry, fatigue, anger, euphoria etc - THIS IS NORMAL! However, what you do with these emotions will directly affect the outcome of your game, your team and your development.

If you can control your BREATHING then you can control your THOUGHTS which leads to controlling your ACTIONS

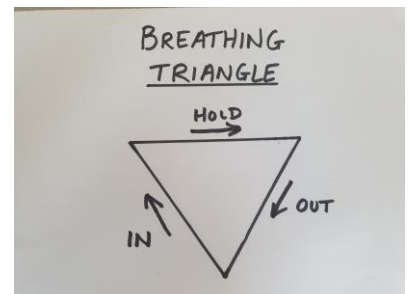
Here is what you should do today:

PREPARATION:

1. Find a calm place where you can relax and not be disturbed for the coming 20 minutes (at least)
2. Bring a yoga mat, towel or something soft to lie on - you can even just lie down on the floor! (Don't do this in bed as your brain will automatically think you are going to sleep!)
3. Do this without any background music. The place you chose should be either quiet or just have 'natural' noises.

INSTRUCTIONS:

1. Read through all of the instructions before you start.
2. Look at the BREATHING TRIANGLE diagram. Aim to breath in, hold your breath and breath out for an EVEN number of seconds.
3. Set a timer for 10-20 minutes. (you can do more if you want!)
4. Breath in through your nose and out through your mouth.
5. Lie down, close your eyes and place your hands on your stomach - if you are breathing deeply and correctly, you will feel your stomach rising up - imagine a balloon filling up with air.
6. Start by breathing 3-5 seconds on each side of the triangle. If you can control that, increase by one second at a time. If you reach 10 seconds (30 seconds per 'triangle', then you are breathing twice per minute!)
7. You will most likely find random thoughts and distractions coming into your head - this is normal! If this happens, re-visualise on the breathing triangle and re-focus on the number of seconds you are breathing. Do the same if you feel yourself drifting off to sleep!
8. **Start breathing!**



AFTERWARDS:

Reflect on how you felt: energised, tired, distracted, calm, in the present? Remember, controllable breathing is something you need to practice and develop - just like any other aspect of life that you want to be better at!