



Does it feel like **"GROUNDHOG'S DAY?"**

Do you feel like you keep making the same mistakes over and over again but expect different results?

CHANGE IT with BRAIN STRENGTH TRAINING

The Center for Sports and the Mind uses a combination of brain strength training tools, including EMDR or Bi Lateral Stimulation, to teach athletes to **balance** the **brain** and create effective resources, and clear obstacles that inhibit **PEAK** Performance.

Depending on your circumstances these techniques can make a difference in your mental game in as little as **3-6 hours** of time with one of our staff.

You will go through a step by step process that will help you to identify what may be interfering with your performance.

In simple terms, the thinking side of our brain and the feeling side of our brain have to be able to communicate in order for us to perform in our Optimal Performance Zone. When they don't you may experience SPORTS STRESS PERFORMANCE FREEZE. Our *brains our physiology* have a mind of their own.

When memories of a poor performance, physical injury, or a particularly **stressful** or disappointing event during a game or practice can resurface an athlete's performance can suffer. Many times athletes may not be aware of how past experiences may be negatively impacting their performance.

How do you know if this happening to you and that you need to get help for it. If you experience any of the following you may want to learn more.

- 1) I hope I don't blow it. - You shut down often during competition.
- 2) I can't stop them - You struggle to contain your negative emotions.
- 3) Can't find my OPZ. _ You experience prolonged slumps.
- 4) No Motivation - You play when you wanna play.
- 5) I gotta do it all by myself – You play like a one person team.
- 6) I'm terrible – You beat yourself up.
- 7) I hope we can hold on – You play not to lose.
- 8) IDK – You have no idea how to change it.

Our experience suggests and the research confirms that many times this develops when athletes have experienced a significant injury, a concussion, a difficult coaching experience, high levels of stress, poor performances, problems with teammates, and/or significant personal or family stressful events.



Here are some simple steps you can take to help you reboot your brain if you experience any of the obstacles above.

- 1) Visualize playing in your OPZ and four words that characterize that.
- 2) Take a centering breath where you breathe in for the count of 5, hold it for 2, and breathe out for 7.
- 3) You count down from 200 by 7 and back up.
- 4) You can use bi-lateral stimulation. – move your eyes back and forth 6 to 12 times without moving your head or alternating fist squeezes 6 to 12 times.

If you find that these help or resolve the obstacles than you may not need to do anything more.

However, if you find that the obstacles persist you may want to stop in to see if our brain training can help you.

Our process helps you to identify the events that may be interfering with your performance, provide you with information and resources to strengthen the relationship between thinking and feeling in your brain. We then reprocess and rewire your brain around those events. As a result, when you face events that may triggered your thinking and feeling to stop working together, you can effectively perform through them and keep your thoughts and emotions in balance.

Here is what some of our athletes have said about the process.

“The tappers brain training techniques helped me to turn around my performance **quickly**. I saw **drastic** improvement to my mental game. It helped me to clear obstacles I was unaware were effecting my performance in a negative way. Staying focused is much easier now.”

College Soccer and Hockey Goalie

“The EMDR brain training techniques helped me recognize how events and emotions from the past were effecting my play. It helped me to **learn** to manage those emotions when **triggered** in the present. As a result my play has ELEVATED to make me **STAND** out on the court.”

Women’s College Basketball Player