

Mental Resets / Present Tense

Mental Reset

A mental reset in sports refers to the process of clearing one's mind and refocusing in order to enhance performance. Athletes often face various challenges, such as stress, pressure, mistakes, or distractions, which can impact their mindset and ultimately affect their ability to perform at their best. Implementing a mental reset can help athletes regain focus, confidence, and composure. Here are some strategies for a mental reset in sports:

- 1. Deep Breathing and Relaxation Techniques:**
 - Take slow, deep breaths to calm the nervous system.
 - Practice progressive muscle relaxation to release tension in the body.
- 2. Visualization:**
 - Imagine successful performance scenarios to boost confidence.
 - Visualize overcoming challenges and executing skills flawlessly.
- 3. Positive Self-Talk:**
 - Replace negative thoughts with positive affirmations.
 - Remind yourself of your strengths and past successes.
- 4. Mindfulness and Meditation:**
 - Practice mindfulness to stay present and focused.
 - Use meditation techniques to clear the mind and reduce anxiety.
- 5. Focus on the Process, Not the Outcome:**
 - Shift your attention to the immediate task at hand.
 - Break down the game or competition into smaller, manageable goals.
- 6. Pre-Game Routine:**
 - Establish a consistent pre-game routine to create a sense of familiarity and calm.
 - Include activities that help you relax and prepare mentally.
- 7. Learn from Mistakes and Move On:**
 - Instead of dwelling on errors, use them as learning opportunities.
 - Develop a mindset of resilience and adaptability.

Implementing these strategies can help athletes maintain a positive and focused mindset, ultimately contributing to improved performance on the field or court. It's important to note that mental reset techniques may vary from person to person, so athletes may need to experiment with different strategies to find what works best for them. Additionally, consistency in mental preparation is key to building mental resilience over time.

Present Tense

In hockey, the term "present tense" is not a specific phrase commonly used in the context of the game. However, if you're referring to being in the "present moment" or "in the moment" during a hockey game, it generally means that players are focused on the current situation on the ice rather than dwelling on past events or worrying about future outcomes.

Being in the present tense in hockey involves staying mentally and physically engaged in the game, making quick decisions based on the current play, and reacting to the immediate actions of opponents and teammates. It emphasizes concentration, awareness, and mindfulness, which are crucial for effective performance on the ice.

Players who are in the present tense are more likely to react quickly to changing situations, anticipate plays, and make better decisions during the course of the game. This mental aspect of the game is often as important as physical skills, as it can contribute to a player's overall effectiveness on the ice.