



Mental Visualization, Meditation and Relaxation

Here are some online resources that you can use to develop techniques in the above areas:

Mental Imagery

<http://www.appliedsportpsych.org/resources/resources-for-athletes/sport-imagery-training/>

60 minutes visualization: https://www.youtube.com/watch?v=Y39_8KP2jYc (read the comments to work through your visualization technique for your sport)

Meditation

Guided Meditation <https://www.youtube.com/watch?v=4QRuSn35peE> (daytime)

Guided Meditation <https://www.youtube.com/watch?v=WgdUMc51T7w> (before bedtime)

5 Minute Meditation <https://www.youtube.com/watch?v=JQfP989n1Yg>

Progressive Muscle Relaxation

10 minute PMR routine: <https://www.youtube.com/watch?v=ihO02wUzgkc>