



Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

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Health & Wellness Tips

- 1. Practice Mindfulness:** Incorporate daily mindfulness exercises, such as meditation or the 4-7-8 deep breathing technique - inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds. This helps athletes manage stress, improve focus, and reduce performance anxiety by activating the parasympathetic nervous system
- 2. Prioritize Rest and Recovery:** Ensure adequate sleep and downtime between training sessions. This not only aids physical recovery but also supports mental well-being, reducing the risk of burnout and stress-related injuries.
- 3. Seek Support:** Don't hesitate to reach out to coaches, teammates, or mental health professionals when feeling overwhelmed. Building a support network is crucial for maintaining both physical and mental health in sports.

UPCOMING: VIRTUAL SPORTS MEDICINE CONFERENCE

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