

# Mindful refereeing



Jóhann Ingi Gunnarsson, psychologist



# Well being

- It is the combination of **feeling good** and **functioning effectively**
- It includes the experience of negative emotions and managing them successfully

# Mindfulness

Enjoying something...

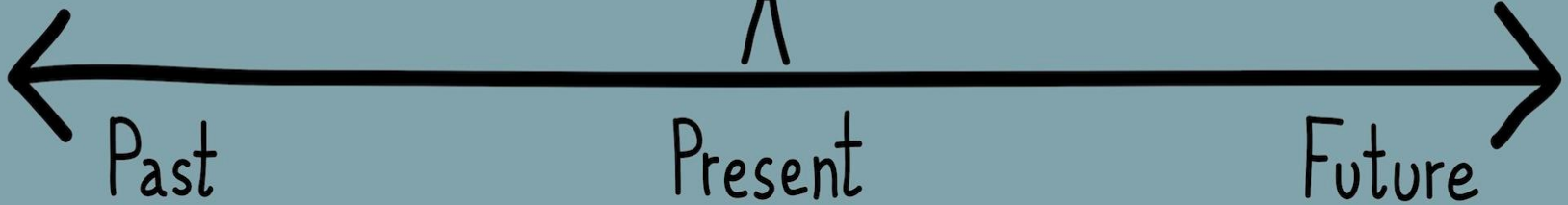
while it's happening

# Mindfulness

Your body is present.



Is your mind?



# Benefits of mindfulness

- New possibilities open up
- Being in touch
- It is the opposite of taking life for granted
- Attention and awareness becomes better
- “If your mind isn’t clouded by unnecessary things, this is the best season of your life“  
(Wu-Men)

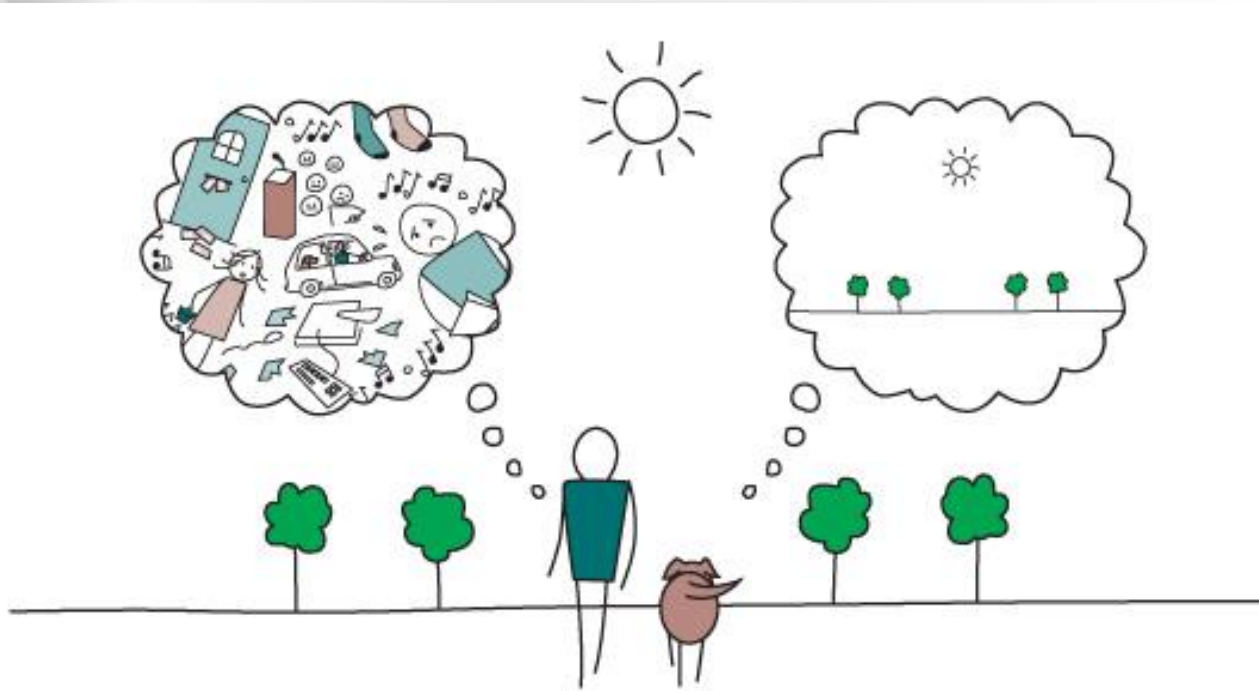
# Who is using mindfulness?



When players practice what is known as mindfulness  
- simply paying attention to what is actually happening –  
not only do they play better and win more, they also  
become more attuned with each other

Phil Jackson

# Being present



Mind Full, or Mindful?



# Being present

- Are you on autopilot?
- Pay attention and notice
- Be fully present in conversation
- Reset your mind (before each game)
- Begin a practice of morning or evening meditation – starting with 5 min. a day

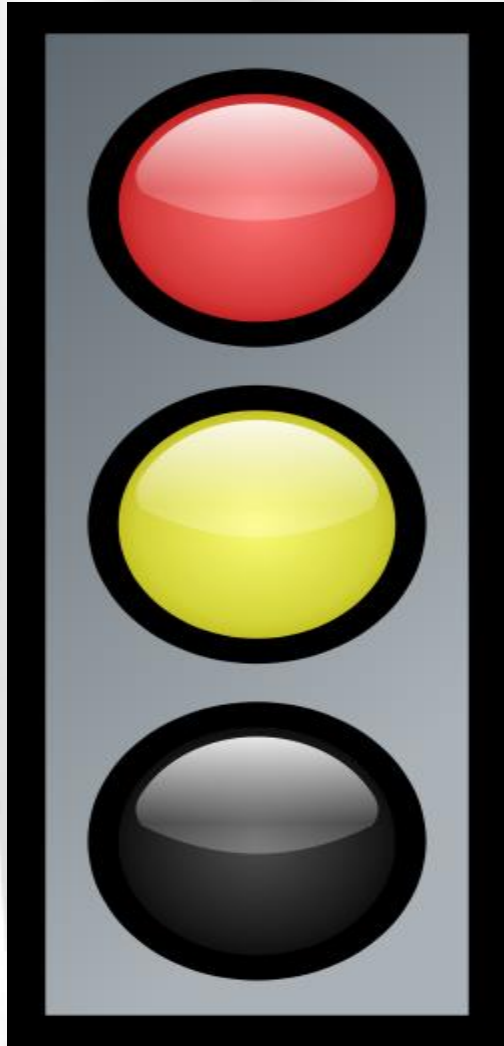
# Breathing exercise



# A simple mindful exercise

- Eat a raisin mindfully...
- Touch it
- Smell it
- Chew it
- Hear it
- What was your experience like?

# Stop technique



**S** – Slow down

**T** – Take a breath

**O** – Observe your thoughts and emotions

**P** – Proceed with something that will support you in the moment

# Assignment

- What situations do I find most difficult/challenging during a game?
- How can I use mindfulness to help me during those situations?