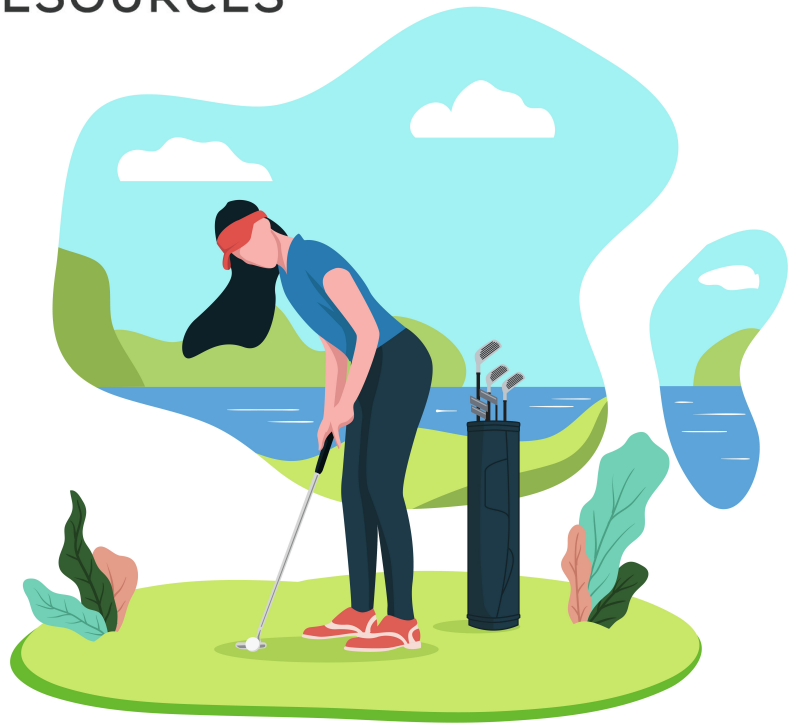




## STRESS RESOURCES

# MINDFULNESS ON THE COURSE



## AWARENESS

Begin with a mindful breath, then expand your awareness -- what do you see, what do you hear?



## ATTENTION

Bring your attention to the present moment -- focus on body sensations, thoughts, feelings.



## ACTION

Breathe and respond with a relaxed stance and deliberate swing motion. Follow up with a non-judgmental mantra or phrase such as simply "Wow" to acknowledge your shot -- good or bad.

For more tips on mindfulness on and off the course, visit [StressResources.com](https://www.stressresources.com)