



UNT Psyching Team Tip #4

Finding Your Focus

- ✓ **Release** – use your breath to let go of tension and to find your center.
- ✓ **Tune in** – be aware of your thoughts, emotions, and physical sensations.
- ✓ **Accept** – acknowledge pain/discomfort you may experience when running...use it as information and then let it go!
- ✓ **Cue words** - use words or phrases (e.g., “run free” or “one mile at a time”) that keep you focused and motivated.
- ✓ **Prepare** – take time during the days leading up to the race to prepare mentally.

“Tough Minds, Full Hearts, Run Free”™

Contact us at:
University of North Texas Center
for Sport Psychology
(940) 369-7767
www.sportpsych.unt.edu
Email: sportpsych@unt.edu
Follow us @UNTSportPsych