



Want Composure? Begin with Stillness

The idea of stillness seems almost out of place in a world where things are happening all the time. There's always something to focus on or do, but that sets up a reactive mindset and creates an expectation to always be switched on.

The intention of this activity is to slow everything down and to see what mental and physical stillness feels like. Research and countless reports from athletes show this very simple activity can have a profound effect on composure if you are open to experiencing it and practising the steps that follow.

Use the brief script and reflections on the following page or listen to the audio which is available at www.mindfulcricket.com.

'Stillness is a such a simple yet powerful practice, which directly contributes to having a Clear Mind.

Athletes like Formula One drivers quieten their minds before competition.

They know the adrenaline will kick in and get them up when the race is about to begin, so they sit quietly and find that stillness inside themselves.'

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Activity Instructions

Find a quiet place where you can sit comfortably without distraction for 10 minutes.

Settle into a comfortable, well balanced position on your chair with your feet flat on the floor, and hands in lap.

Choose whether you'd prefer to close your eyes or to keep them open and gazing at a spot ahead of you.

For the next ten minutes do nothing but sit relaxed and still, and just observe what that feels like.

Don't try to force your thinking onto anything in particular, however if you become aware that your mind has wandered then just bring your attention back to your breathing as a point for your concentration.

Just be still and observe what's happening in your mind and body.

Give it a go for up to 10 minutes and then try the questions below.

Reflection Questions

<p><i>How did it feel to just sit and do nothing?</i></p>	
<p><i>What did you notice about your attention during this exercise?</i></p>	
<p><i>Did you, like most people, find your mind wandered?</i></p>	
<p><i>Is it possible that your mind always wanders like this when playing cricket?</i></p>	