



RESET YOUR MENTAL BENCH

**Stronger Between the Pipes and
Between the Ears = Power Up Your
Mental Game!**

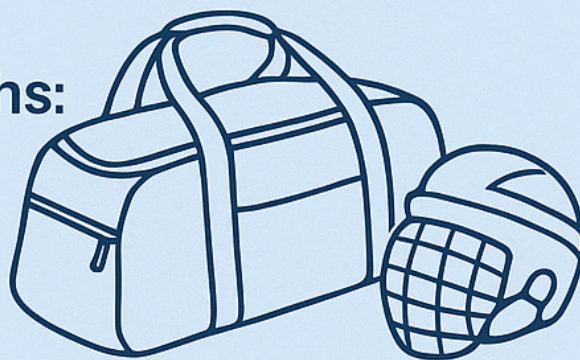


THE LOCKER ROOM RESET

1. Sit down and take
5 deep hockey breaths:

Inhale like you're
breathing in cold
arena air.

Exhale like you're
blowing steam off your visor.



2. Picture your thoughts like hockey gear
on the floor.

Imagine putting your worries, stress, and
"what-ifs" into your hockey bag.

When the bag is zipped up, say:

"I'm ready to play. My mind is clear."