

USER GUIDE TO PERFORMANCE PSYCHOLOGY USB WRISTBANDS

The SSI Performance Psychology Unit has packaged some useful information for you to use on the go - the SSI Performance Psychology Unit USB Wristband. Wear it around your wrist or use it as a key chain. Feel free to plug it in to your nearest computer so as to access useful information to help you perform at your very best. The following are some examples of the material you can find in the wristband.

SSI SPORTS PSYCHOLOGY VIDEO

This video gives you an introduction to Sports Psychology and the services the unit can provide you in your pursuit of your sporting goals.

FACTSHEETS

The re-designed worksheets gives you a better understanding of the different types of psychology tools you can adopt as well as additional information from the Nutrition Unit to help you understand your nutritional needs better as an athlete.

PROGRESSIVE MUSCLE RELAXATION EXERCISE

This audio exercise provides information on relaxation techniques as well as guides you through an actual session.