

MINDHQ

Relaxation HQ

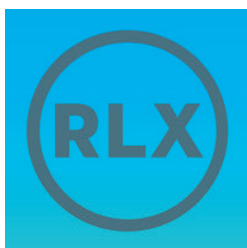
Relaxation HQ is an iPhone app designed for athletes, performers, and high achievers who are required to perform under pressure.

Relaxation techniques play a powerful role in regaining control in moments of high anxiety, and will enhance performance and psychological recovery during competition.

Relaxation HQ contains all the information and tools needed to effectively manage stress and tolerate anxiety.

Relaxation HQ provides:

- Information on stress & relaxation
- A checklist to identify your signs of stress
- The ability to monitor your relaxation response
- A personalised relaxation plan
- Four audio tracks to train you in relaxation skills



Download Relaxation HQ from the app store to build the skills required to relax your body, calm your mind, and thrive under pressure.

www.mindhq.com.au



MiND HQ is a sport psychology company working with individuals and teams to enhance psychological wellbeing and achieve optimal performance on and off the sporting field.

Performance MiND

Sport Psychology Services

Healthy MiND

Mental Health & Counselling Services

Corporate MiND

Psychology Services for the Workplace

For more information on MiND HQ and the services we provide visit www.mindhq.com.au

Empower the Champion Within