

Ladies and gentlemen, coaches, and fellow athletes,  
Today, I want to speak from the heart about something incredibly important: our mental health. In sports, we're often taught to push our limits, to be stronger, faster, and more resilient. But in the pursuit of physical excellence, we must remember the importance of a sound mind. Mental health isn't a weakness; it's a crucial part of our overall well-being. Just as we train our bodies, we must also care for our minds. This balance is essential not only for success in our sports but also for our happiness and fulfillment beyond the field, court, or track. Mindfulness is a powerful tool that can help us achieve this balance. By being present in the moment, we can better manage stress, overcome challenges, and truly enjoy the sport we love. It's about taking a step back, breathing, and allowing ourselves the space to process our thoughts and emotions. Let's prioritize our mental well-being as much as our physical strength. Encourage open conversations about mental health, support each other, and remember: it's okay to not be okay. Together, we can create an environment where mental health is valued and where every athlete thrives. Thank you.