



## Tips From Michael Phelps

Taking care of your mind is just as important as taking care of your body. They work as one. Both need your attention to stay strong and healthy.

Talk to the adults in your life — and not just when you have a problem. Talk to them even when things are going fine. Let them understand your life, so they can be there for you in good times and bad.

One thing that has really worked for me is saying positive things to myself. Use the power of your thoughts wisely — to help you be your best!

People might think swimming is so easy for me that I hardly have to try. But gold medals and all, I still try my best at every event. Doing my personal best is always a goal — and a great challenge for me to give myself.

Ask for help whenever you need it. Don't ever think you should do it all alone. Don't be afraid of what someone might think. We're all here to help each other.

Find ways to help others. Teach a younger kid what you know. Do a favor or a kind act. Help out at home, at school, or in your community. You get so much positive energy back when you help.

Breathing is a great way to calm yourself and get focused when you face a challenge. If you practice slow, deep breathing regularly, you'll feel more confident, relaxed, and ready for whatever happens.

You learn from every success — and every failure. It's all a chance to grow and learn. If you are afraid to fail, or think you have to be perfect, you hold yourself back from trying things that could help you succeed.