



# THE OXYGEN MASK EFFECT

**TAKING CARE OF SELF TO MORE  
EFFECTIVELY ADVANCE OTHERS**

Stephanie Miezin, MS, RD, CSSD  
Adam Feit, PhD, CSCS, RSCC\*D,  
SCCC, CMPC



# Adam Feit, PhD, CSCS, RSCC\*D, SCCC, CMPC

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**Adam Feit, PhD, CSCS, RSCC\*D, SCCC, CMPC**

Assistant Professor of Exercise Science & Fieldwork Coordinator, Springfield College

Dr. Adam Feit teaches strength and conditioning and sport psychology as an Assistant Professor and Fieldwork Coordinator of Exercise Science at Springfield College (MA). He has served as a collegiate and professional strength and conditioning coach and nutrition coordinator for the NFL's Carolina Panthers, Eastern Michigan University, University of Louisville, and The Citadel. Dr. Feit also owns and operates TF Performance, a family-driven, athlete-centered youth sports performance facility in western Massachusetts. His research interests include the use of mental skills in strength and conditioning, coaching efficacy and education, and youth physical and mental performance.







## Stephanie Miezín, MS, RD, CSSD

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### Stephanie Miezín, MS, RD, CSSD

Registered Dietitian

Certified Specialist in Sports Dietetics

Stephanie Miezín is a registered dietitian and certified specialist in sports dietetics with experience in both dietetics and culinary arts. She has a Bachelor's in Culinary Nutrition from Johnson & Wales University and a Master's in Medical Dietetics from Ohio State. She has worked for the United States Olympic and Paralympic Committee, fueling Team USA athletes by coordinating performance nutrition at Olympic and Pan American Games and at the Olympic & Paralympic Training Center in Colorado. She has also helped fuel athletes in the Tampa Bay Rays baseball organization, Ohio State University, and international soccer athletes. Stephanie has also led organizational nutrition strategy and a team of dietitians as Director of Nutrition at Canyon Ranch, a health and wellness resort company. She is passionate about improving the health and

performance of athletes through nutrition education and by making performance fueling delicious and fun. Outside of work, Stephanie enjoys getting creative in the kitchen, making pottery, and outdoor adventures with her dog Coco.



## LET'S HEAR FROM YOU

What obstacles do you face in achieving self-care relative to mindset, movement, and nutrition?





# MINDSET



# MINDSET

**OUR MENTAL "STANCE" ON WHAT'S AROUND US;  
HOW WE CHOOSE TO THINK ABOUT THINGS**



**IF I SAY YES  
TO THIS,  
WHAT AM I  
SAYING NO  
TO?**





# MINDSET AND MOVEMENT

**USER  
GUIDE**

**PRACTICE CONTINUUM THINKING**

**MANAGE YOUR GOALS**

**ESTABLISH YOUR BAMS**

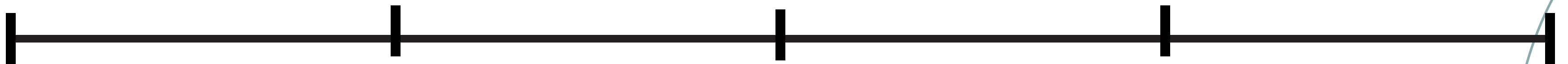
**CONTROL, INFLUENCE, & IGNORE**



# CONTINUUM THINKING

**WORST  
CASE**

**BEST  
CASE**





# CONTINUUM THINKING

**WORST  
CASE**



**BEST  
CASE**







# CONTINUUM THINKING

**IT'S NOT...**

**ALL OR  
NOTHING**



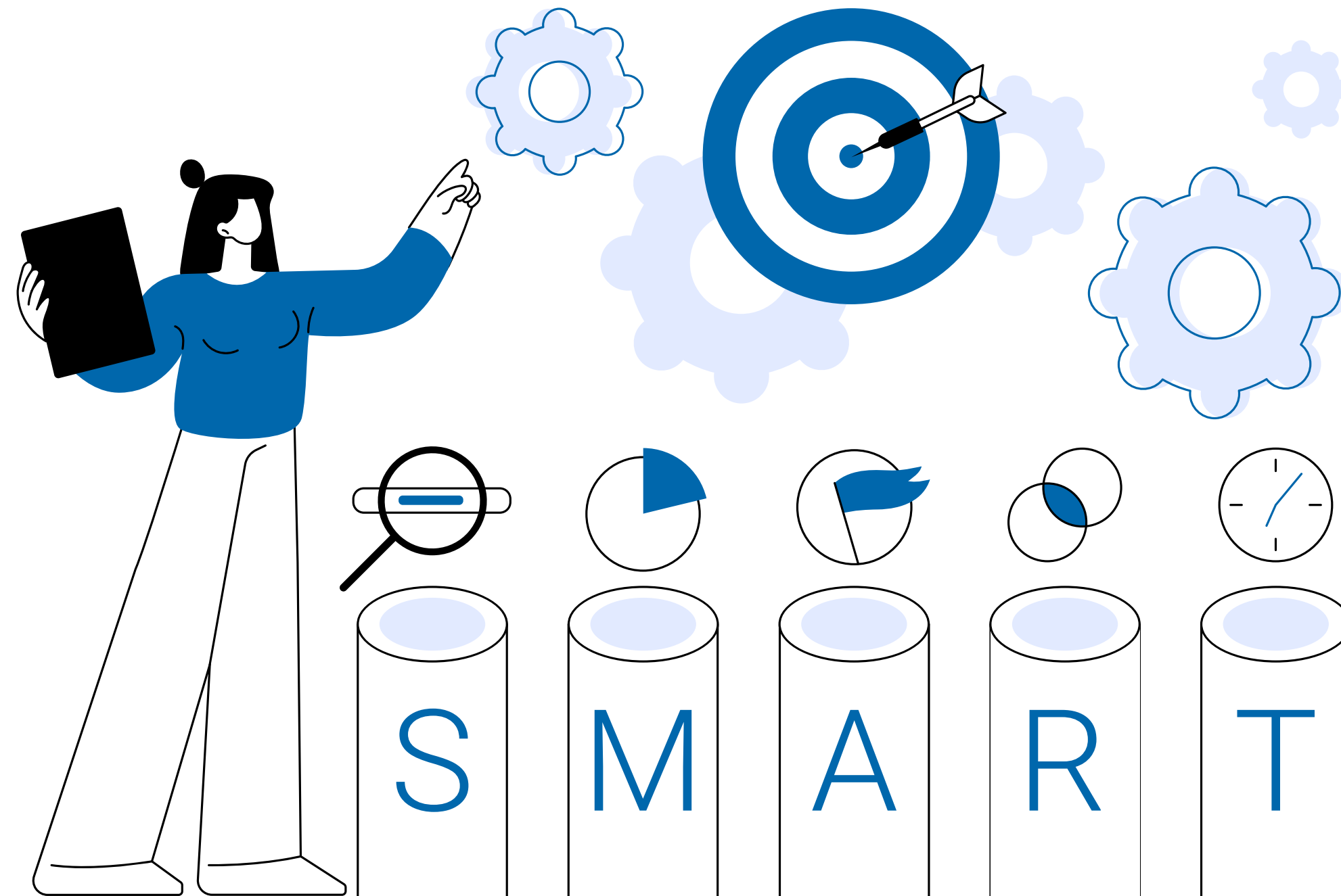
**IT IS...**

**ALWAYS  
SOMETHING**





# MANAGE YOUR GOALS





# MANAGE YOUR GOALS







**W**

**WHAT IS AN IMPORTANT WISH THAT YOU WANT TO ACCOMPLISH?**

**O**

**WHAT WILL BE THE BEST RESULT FROM ACHIEVING THIS?**

**O**

**WHAT IS THE MAIN OBSTACLE IN YOUR WAY?**

**P**

**HOW WILL YOU PLAN TO TACKLE THE OBSTACLE?**



# ESTABLISH YOUR

**BARE**

**ACCEPTED**

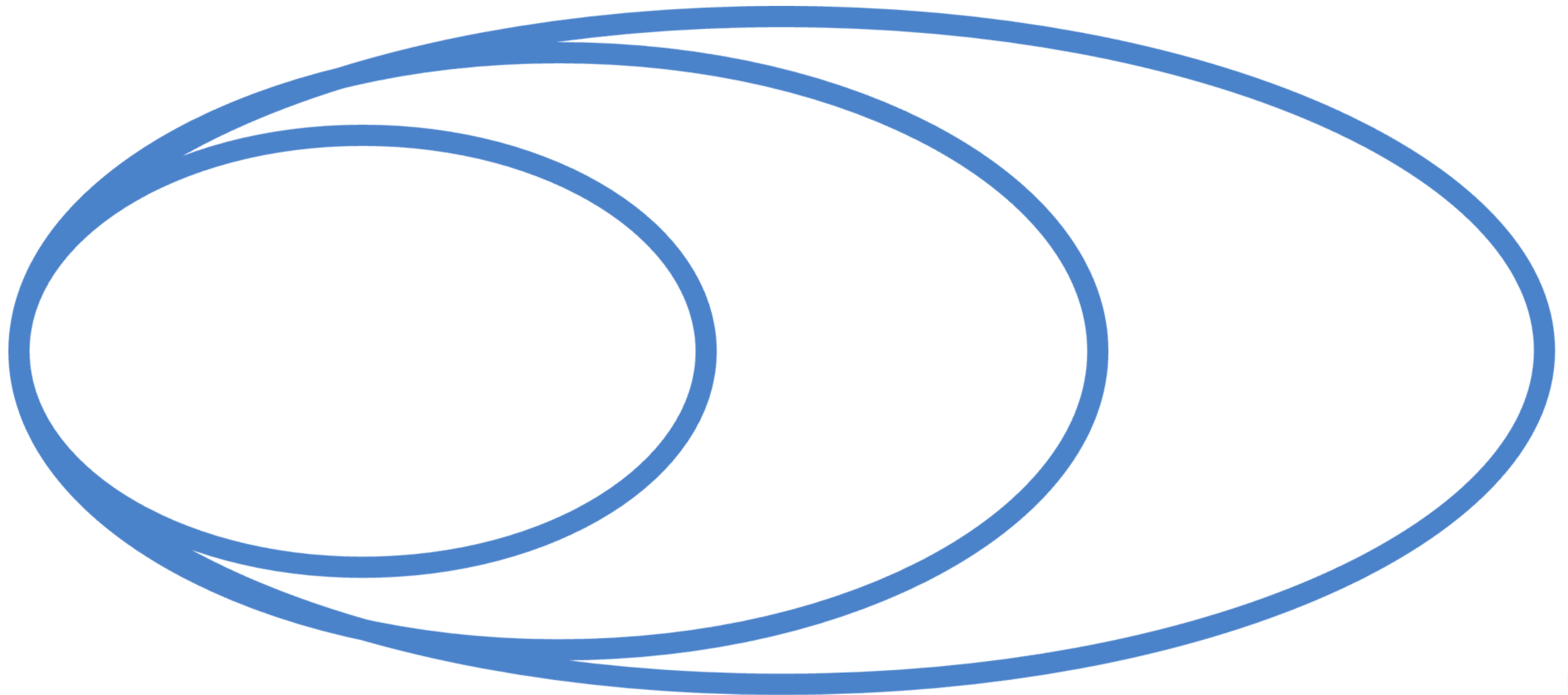
**MINIMUMS**

What are you willing to do for your:

- Movement
- Nutrition?
- Recovery?



# CONTROL - INFLUENCE - IGNORE





# CONTROL - INFLUENCE - IGNORE





# WHY NUTRITION MATTERS





# WHY NUTRITION MATTERS

**PHYSICAL AND  
MENTAL ENERGY  
AND WELLNESS  
TO BE BEST SELF  
FOR THE TEAM**

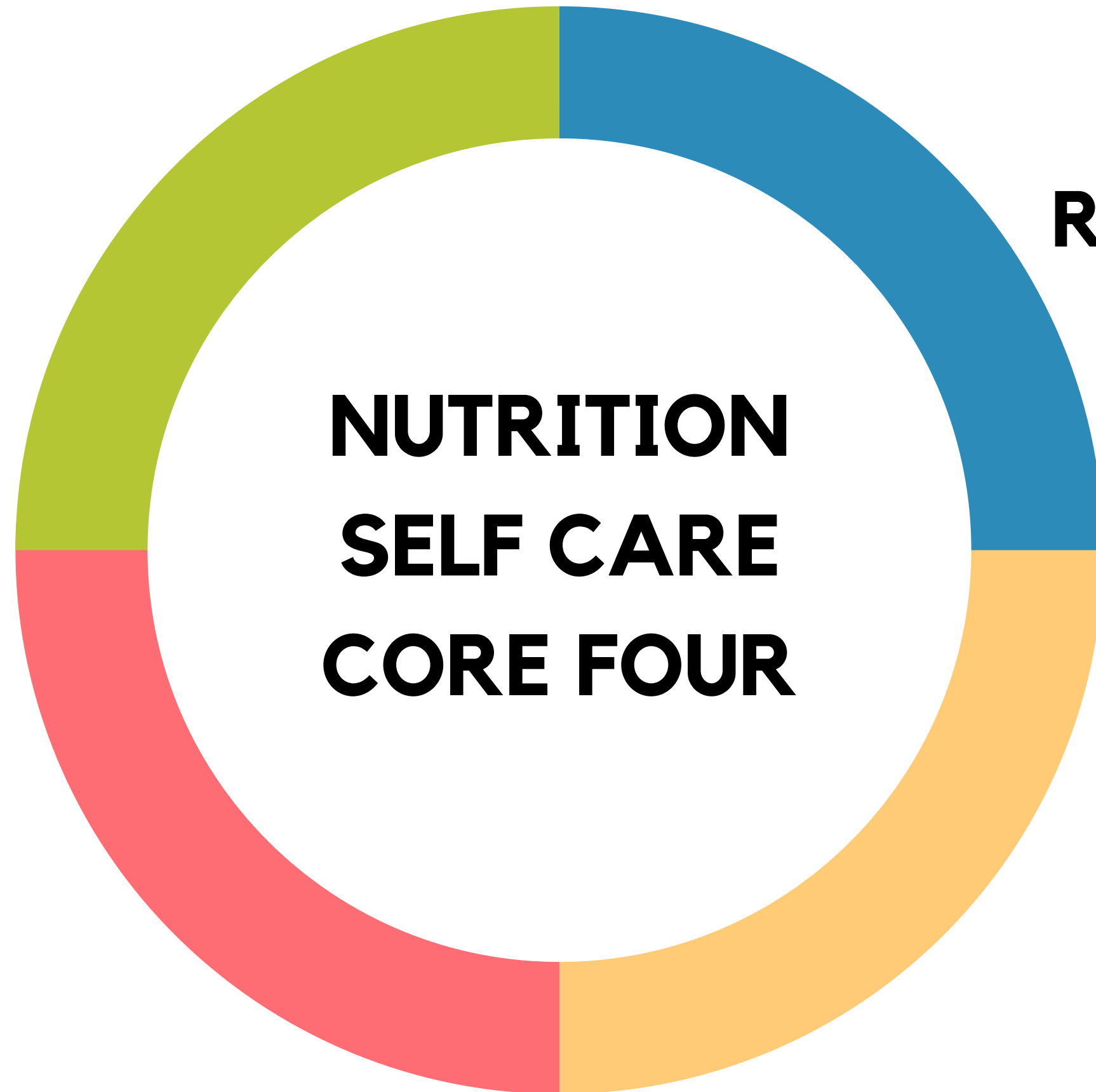


# WHY NUTRITION MATTERS

**PHYSICAL AND  
MENTAL ENERGY  
AND WELLNESS  
TO BE BEST SELF  
FOR THE TEAM**

**MODELING  
IMPORTANT  
NUTRITION  
BEHAVIORS FOR  
ATHLETES (FOR  
LIFE!)**





**STICK TO A  
REGULAR EATING  
SCHEDULE**



## **STICK TO A REGULAR EATING SCHEDULE**

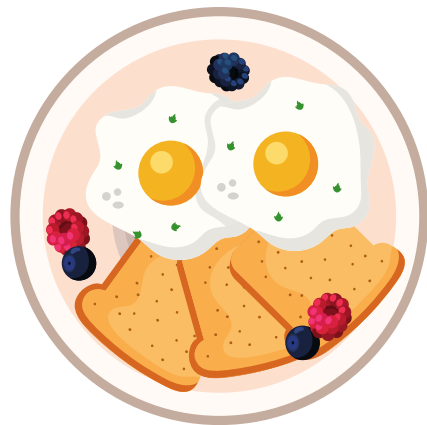
- Aim to eat every 3–5 hours
- Practice consistent 'meal windows' day to day
- Don't underestimate AM eating





# STICK TO A REGULAR EATING SCHEDULE

- Aim to eat every 3–5 hours
- Practice consistent 'meal windows' day to day
- Don't underestimate AM eating



**BREAKFAST**



**LUNCH**



**SNACK**



**DINNER**

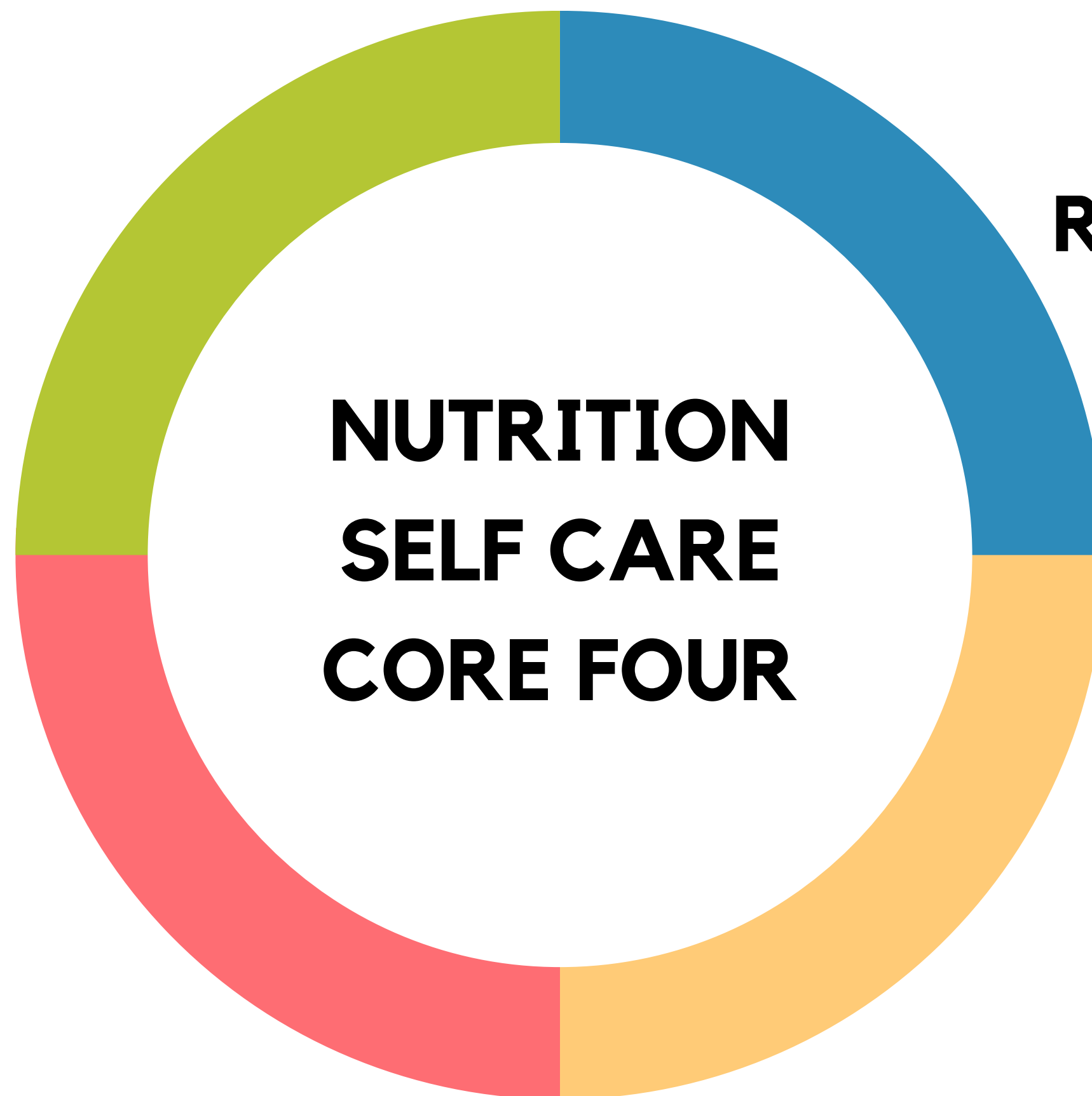


**7-8:30AM**

**11:30AM-1:30PM**

**3:30-4:30PM**

**6-8PM**



**STICK TO A  
REGULAR EATING  
SCHEDULE**

**EAT LIKE AN  
ATHLETE:  
WITH PURPOSE**



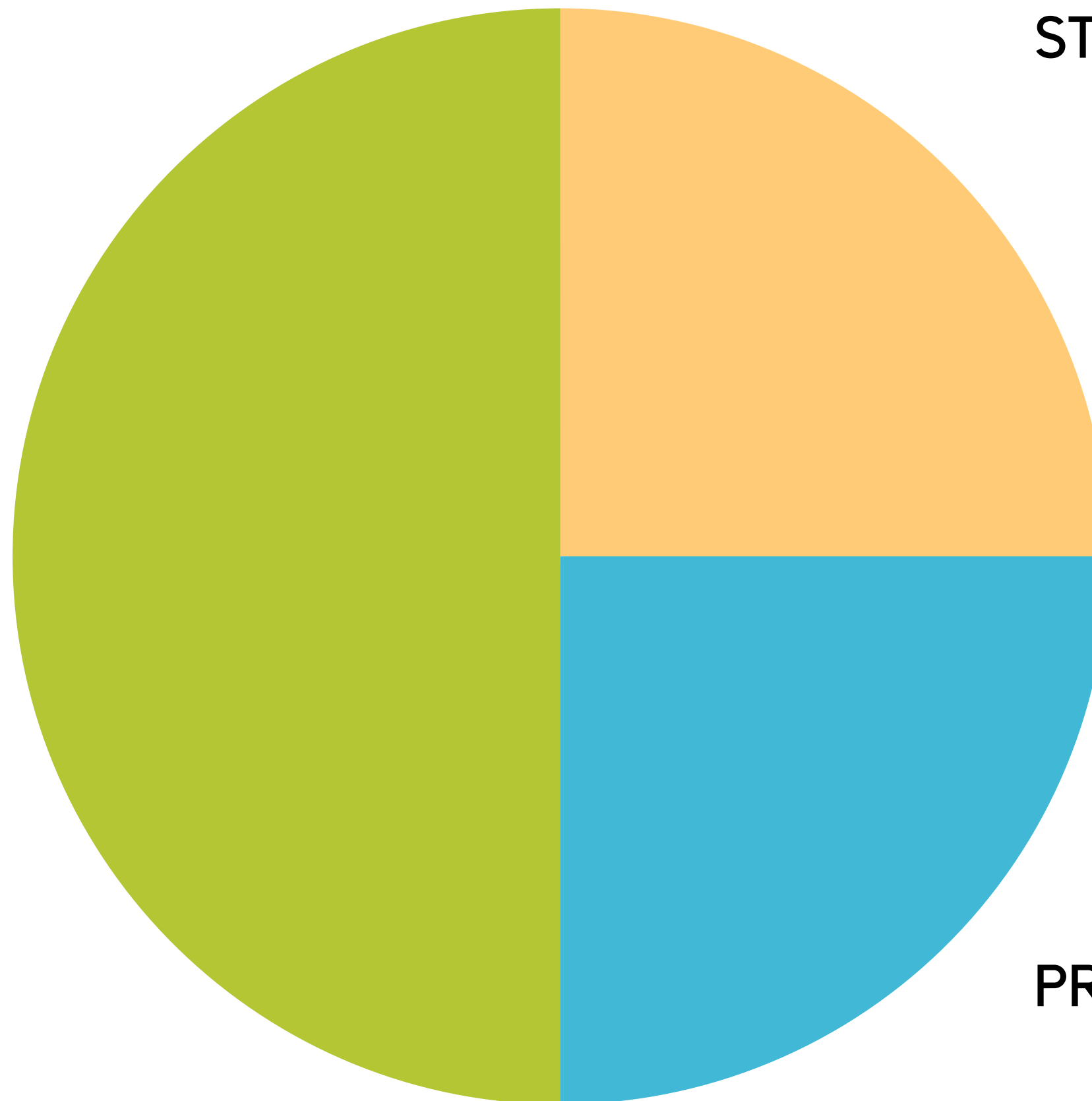
# EAT LIKE AN ATHLETE: WITH PURPOSE



# EAT LIKE AN ATHLETE: WITH PURPOSE

VEGGIES & FRUITS  
50%

**FOUNDATIONAL  
HEALTH &  
SATISFACTION**



STARCHES  
25%

**BRAIN &  
BODY FUEL**

**HEALTHY  
MUSCLE &  
SATISFACTION**

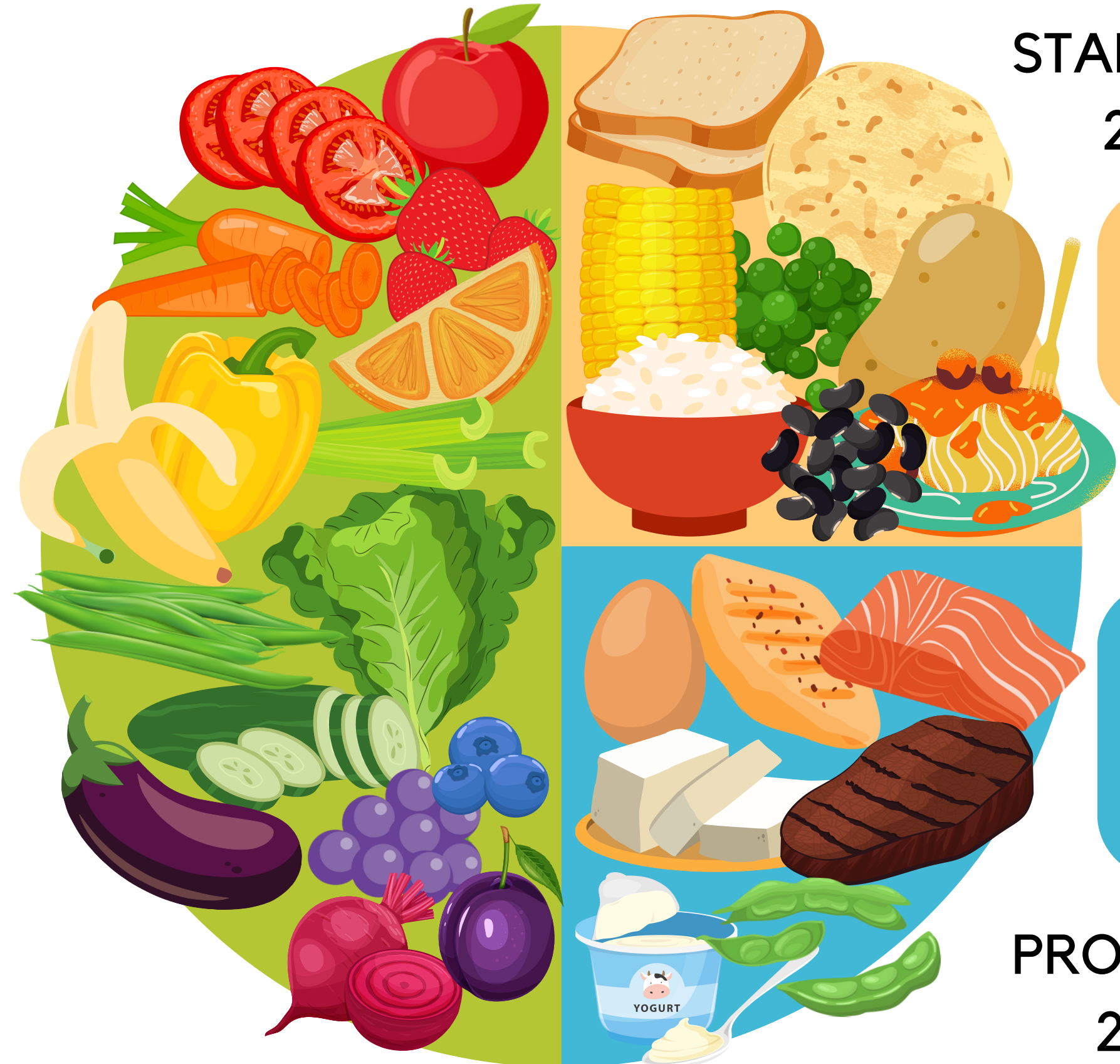
PROTEINS  
25%



# EAT LIKE AN ATHLETE: WITH PURPOSE

VEGGIES & FRUITS  
50%

**FOUNDATIONAL  
HEALTH &  
SATISFACTION**



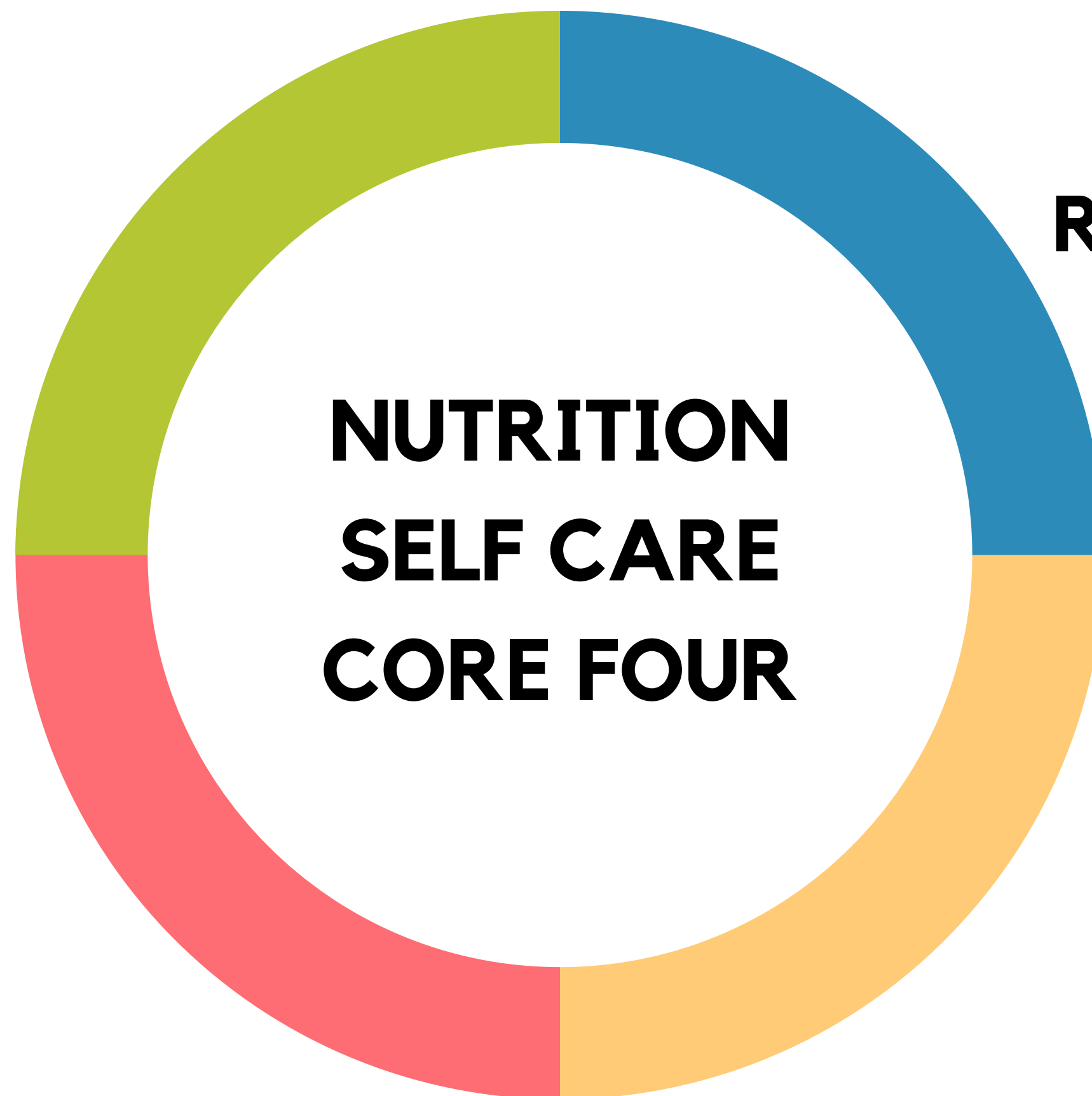
STARCHES  
25%

**BRAIN &  
BODY FUEL**

**HEALTHY  
MUSCLE &  
SATISFACTION**

PROTEINS  
25%





**STICK TO A  
REGULAR EATING  
SCHEDULE**

**EAT LIKE AN  
ATHLETE:  
WITH PURPOSE**

**LEVERAGE  
STRATEGIC  
SNACKS**



# LEVERAGE STRATEGIC SNACKS



# LEVERAGE STRATEGIC SNACKS

**SATISFACTION  
(PROTEIN)**

**+**

**ENERGY  
(CARBS)**



# LEVERAGE STRATEGIC SNACKS

**SATISFACTION  
(PROTEIN)**

+

**ENERGY  
(CARBS)**



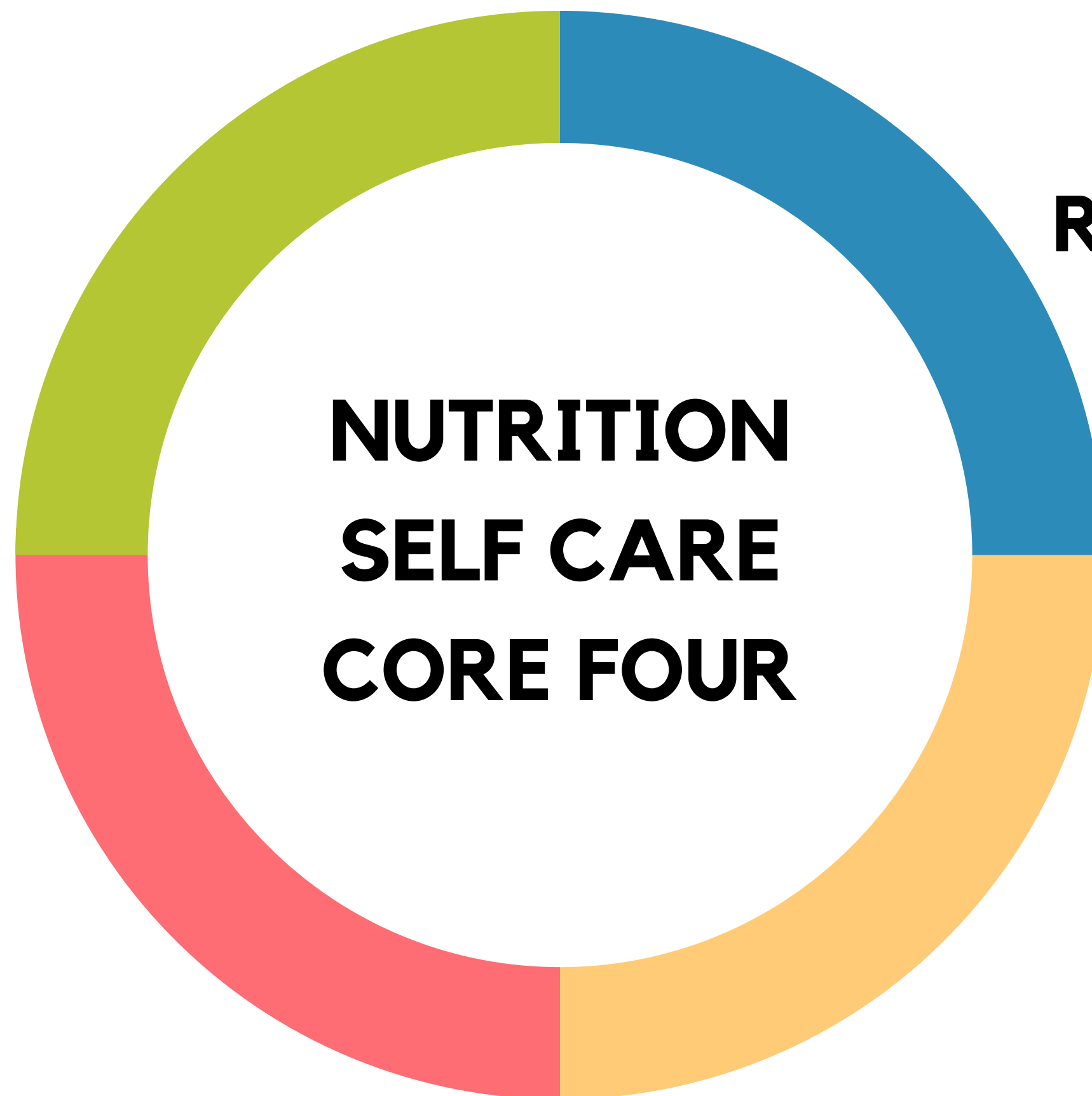


**PLAN AHEAD:**

**↑ SUCCESS**

**↓ STRESS**

**LEVERAGE  
STRATEGIC  
SNACKS**



**STICK TO A  
REGULAR EATING  
SCHEDULE**

**EAT LIKE AN  
ATHLETE:  
WITH PURPOSE**



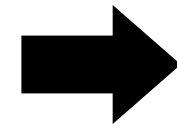


**PLAN AHEAD: ↑ SUCCESS & ↓ STRESS**



# PLAN AHEAD: ↑ SUCCESS & ↓ STRESS

**IDENTIFY CHALLENGES**

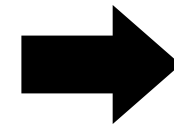


**PLAN TO OVERCOME**



# PLAN AHEAD: ↑ SUCCESS & ↓ STRESS

**IDENTIFY CHALLENGES**



**PLAN TO OVERCOME**

**GET HANGRY BEFORE DINNER**

**BRING SNACKS WITH YOU**

**NO TIME TO MAKE BREAKFAST**

**BUY RTE BREAKFAST FOODS**

**OFTEN FEEL DEHYDRATED**

**ALWAYS BRING WATER BOTTLE**

**TEMPING RESTAURANT MENUS**

**DECIDE ORDER AHEAD OF TIME**

**RUN OUT OF FOOD AT HOME**

**CREATE STANDING GROCERY ORDER, SHOPPING/PREP PLAN**



# THANK YOU!

Stephanie Miezin: @cookeatcompete  
Adam Feit: @aefeit