

# Mindfulness based intervention: An applied sports psychology support to high performance sports

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## **Abstract:**

*This paper attempts to explain the importance of applied sports psychology support to high performance sports. In this context, the role of mindfulness in sport performance, it also attempts to explore possible points of Mindful Sport Performance Enhancement (MSPE) and other mindfulness-based interventions such as Mindfulness-Acceptance-Commitment (MAC), Mindfulness Meditation Training for Sport (MMTS), etc. designed specifically for athletes. In addition, the paper highlights the associations between mindfulness and important sport performance-related topics such as flow, attention, affect, and physiological factors that are very crucial for optimum performance in sports context.*