



Mindful Muscles: General Description & Frequently Asked Questions



MINDFUL
MUSCLES



General Description of Project Mindful Muscles

What is the purpose of project Mindful Muscles?

Physical activity and exercise provide many benefits both for physical and mental health. However, at times, exercisers may experience body image concerns, worries, and anxiety over their physical appearance and/or athletic performance.

If left unchecked, these concerns and worries may escalate and lead to the use of image-and-performance-enhancement drugs (IPEDs), such as anabolic steroids.

Mindful Muscles was developed to help exercisers recognise and deal more effectively with worries and concerns about their exercise and physical appearance. Therefore, reducing the risk of using (or wanting to use) IPEDs.

What does Mindful Muscles do?

Mindful Muscles uses a positive approach to help exercisers develop mental strength and resilience.

For this purpose, a range of self-help resources was developed that focus on the following areas:

- Values and thoughts.
- Self-acceptance.
- Self-compassion.
- Mindfulness.

These resources were developed Based on scientific evidence and the expertise of relevant professionals across 6 European countries.

Who is Mindful Muscles for?

Mindful Muscles is relevant to everyone who exercises regularly. It does not matter how old you are, what gender you identify with, or if you ever used or thought about using IPEDs.

Frequently Asked Questions

How should I use the Mindful Muscles modules?

The Mindful Muscles modules can be used either individually, or as a single workbook (i.e., read all the modules) altogether.

Different people have different needs at different times. So, some of the Mindful Muscles modules may seem more relevant than others to how you feel or think about your appearance, performance, and exercise.

To enjoy the full benefits of the Mindful Muscles project, however, it is recommended that all the modules are used.

Do I need to do all the exercises in each Module?

Again, this is an entirely personal matter. In each module, you may choose to do only the exercises that you feel more comfortable with and that seem more useful and relevant to your current needs.

Can I use a module or exercise more than once?

The Mindful Muscles modules and exercises can be used more than once. How many times you will use them depends on how useful and helpful you find them to be.

Should I use the Mindful Muscles modules in a particular order?

No. Although the different modules are conceptually organised and presented in the website, there is no specific order that applies.

Will I need expert help?

The Mindful Muscles modules and exercises are designed as self-administered resources, so no expert help is required.

How will I benefit from using the Mindful Muscles modules?

The Mindful Muscles modules can help you become more aware and mindful of your thoughts, emotions, and values regarding exercise, performance, and physical appearance. More importantly, they can help you build mental strength and resilience.

I completed all the Mindful Muscles modules. Where do I go from here?

There is no particular outcome or expectation that applies in the same way to all people. Each Mindful Muscle module presents the expected benefits (*Why is this helpful?*) at the beginning of each exercise. You will be able to reflect on your practices throughout the modules. If you find a module particularly useful you can revisit it as often as you need.



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