

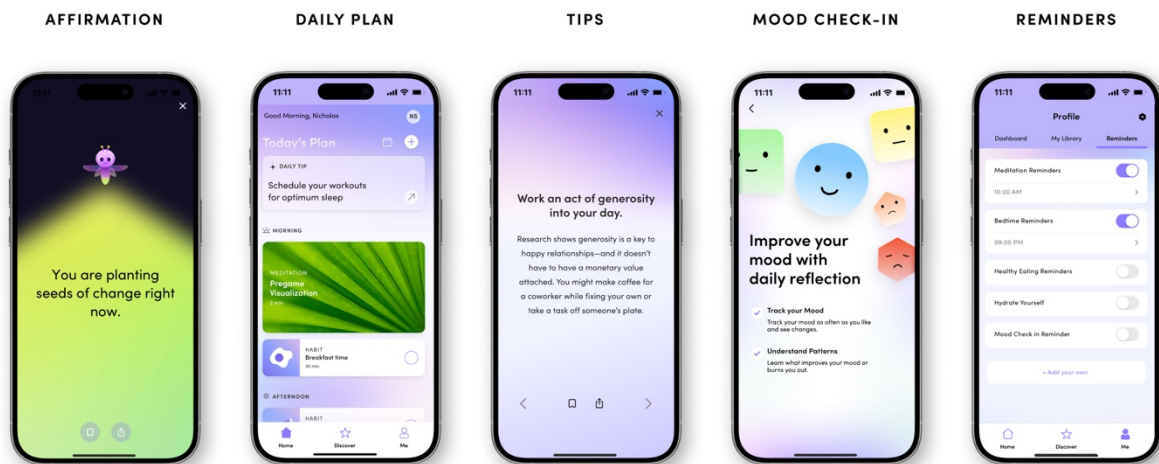
At New Mexico Youth Soccer Association, we're committed to taking care of every aspect of your wellbeing, not just your physical health. That's why we're thrilled to announce our new partnership with Roundglass Living a Wholistic Wellbeing app full of neuroscience-backed practices and behavioral science tools to help our staff and athletes be their best selves and realize their full potential—on and off the field.

"We're happy to partner with Roundglass to offer the Roundglass Living app to all players and club officials," says Gloria Faber, Executive Director of NMYSA "We believe the app can help athletes stay mentally positive and can supply useful info and guidance when they feel vulnerable or uncertain. It's a great resource for personal motivation and mental wellbeing!"

Free access to the Roundglass Living app is now available to all NMYSA clubs!

[Gurpreet "Sunny" Singh](#), founder of Roundglass Living, echoes the sentiment: "Roundglass Living is on a big mission to help everyone everywhere live healthier, more fulfilling lives through proven Wholistic Wellbeing tools and practices. We've seen firsthand how these resources help athletes around the world thrive on and off the pitch. The app is designed to help everyone thrive in every stage of life, so it's our great pleasure to support NMYSA's continued commitment to the mental, physical, and emotional health of their staff and players with our own passion for next-level wellbeing."

The app offers a ton of tools designed to empower athletes to build better habits that last a lifetime.



- ✓ Tips, affirmations, and a daily plan of practices encourage and motivate players with expert advice to fuel victory in all aspects of their lives.
- ✓ Daily mood check-ins encourage players to develop self-awareness, and activity recommendations based on mood will help them build emotional resilience over time.
- ✓ Custom reminders keep players on track with their goals.

The Roundglass Living app can help anyone reach their wellbeing goals (we're looking at you, coaches and parents!), whether that's stressing less, sleeping better, or improving your mood. To support your wellbeing, the app gives you daily reminders and access to expert-led practices,

including:

- Breathwork sessions Guided meditations
- Mindfulness techniques
- Yoga videos and classes
- Tips for healthy eating
- Relaxing music and sleep stories

Roundglass Living's Wholistic Wellbeing practices offer research-backed techniques to help you improve any area of your life. So whether you want to shake off some pregame nerves, boost your midgame focus, grab a snack, or stay motivated after an injury, the practices are a great way to relax and recenter.

Here's how to get started.

1. Players, input your information here (landing page) and your code will be emailed to you.
2. Download the app and register with your email address and free access code.

We're proud to offer this powerful tool to empower our champions, and we hope you'll join us in our mission to enhance wellbeing for all. For assistance with the app, users can email [support@roundglass.com](mailto:support@roundglass.com).