Athletes are indoctrinated with the idea that physical toughness is the key to success in their sport. But what about their mental toughness? This update a meta-analysis sought delve into this question. The researchers sought to determine if practicing mindfulness would be able to help improve both mental and physical aspects of athletic performance. Using PsycInfo and Academic Search Complete, we located 11 empirical studies that used some sort of mindfulness interventions to manipulate mental states and physical performance. Cohen’s d effect size was computed from the data for each study.

Mindfulness interventions were found to have a strong effect on physical performance (*d* = 0.80), a small negative effect on negative emotional states, e.g., anxiety (*d* = -0.29, groups that received mindfulness interventions had lower anxiety), and a moderate positive effect on positive emotional states, e.g., flow (*d* = 0.59). Two studies combined emotional and physical exhaustion as the dependent variable, and mindfulness had a strong negative effect on this variable (*d* = -0.94). Overall, results indicate that mindfulness can play a beneficial role in sport psychology.