

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Competition Anxiety Management for Surfers MCP

Keep your head clear when the heat starts.

Competition Anxiety Management for Surfers MCP helps you handle the physical and mental pressure of contest surfing. Your AI client uses this MCP to assess your current anxiety levels, build custom breathing protocols, design timed pre-heat routines, and create long-term mental strategies to keep you focused on your performance.

surfing

anxiety

breathing

performance

mental-prep



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Competition Anxiety Management for Surfers MCP

4 tools available

Cloud-hosted on Vinkius

When you're sitting in the lineup waiting for your heat, anxiety can hit hard. It shows up as nausea, trembling, or racing thoughts, and it can ruin a perfect session. This MCP gives your AI agent the specific tools needed to help you regulate your nervous system and stay composed. Instead of generic advice, you get protocols tailored to how you're actually feeling in the moment. You can use it to gauge how intense your symptoms are, get immediate breathing techniques to lower your heart rate, or build a structured countdown of actions to take before you paddle out. For long-term improvement, it helps you develop a consistent mental strategy so you aren't starting from scratch every time you enter a contest.

Core Capabilities

01 — Symptom Assessment

Your agent uses this to determine the intensity of your anxiety based on what you feel.

02 — Nervous System Regulation

The AI provides specific breathing exercises to help lower your heart rate and physical tension.

03 — Heat Preparation

Your agent builds a timed schedule of actions to take right before you paddle out.

04 — Long-term Strategy

The AI creates a structured plan to help you manage mental performance over a full season.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/competition-anxiety-management-for-surfers — connect your AI agent in three steps.

- 01 Connect your AI client to the MCP via Vinkius.
- 02 Tell your agent how you are feeling physically and mentally.
- 03 The agent runs an assessment to determine your anxiety intensity.
- 04 Receive a custom breathing protocol or pre-heat routine based on the results.

Connect your preferred AI client to the Vinkius-hosted MCP and start managing your performance.

Built For

This MCP is built for surfers who struggle with the mental pressure of competitive environments.

Competitive Surfers

Use it to manage physical symptoms like nausea or trembling before a heat.

Surf Coaches

Hand off the mental prep and routine building to your AI agent for your athletes.

Aspiring Professionals

Use it to develop long-term mental management plans for the tour.

What Changes When You Connect

- 01 Reduces physical symptoms like trembling through targeted breathing.
- 02 Provides a structured timeline for pre-heat preparation.
- 03 Turns vague anxiety into a measurable assessment score.

04 Creates repeatable mental strategies for long-term consistency.

Real-World Applications

Pre-Heat Nerves

Use the breathing protocols to calm your body when you feel nausea right before a heat starts.

Mental Training

Develop a monthly plan to work on cognitive reframing and mindfulness.

Routine Building

Create a timed sequence of actions to follow so you aren't rushing before your heat.

Symptom Tracking

Get an assessment of your anxiety levels to understand if your symptoms are somatic or cognitive.

4 Tools Available

#	TOOL	DESCRIPTION
01	generate_breathing_protocol	This tool provides specific respiratory techniques designed to regulate your nervous system.
02	create_pre_heat_routine	This tool builds a timed sequence of actions to prepare you for a surf heat.
03	generate_management_plan	This tool develops a long-term strategy to help you manage competition anxiety over time.
04	get_anxiety_assessment	This tool evaluates your current anxiety state by analyzing your reported physical and mental symptoms.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I'm feeling nausea and trembling before my first local contest. I'm a novice.



Your assessment score is 75, indicating high somatic anxiety. I recommend the Box Breathing technique for 5 minutes to stabilize your heart rate.

U I have racing thoughts and fear of failure during professional heats. I use visualization.



Your assessment score is 60 with a cognitive driver. We will integrate your visualization strategy into a 10-minute pre-heat routine.

U Give me a long-term plan for managing racing thoughts as an intermediate surfer.



Your core strategy is cognitive reframing. Recommended practices include daily mindfulness and weekly breathing drills. Review this plan monthly.

Frequently Asked Questions

01 How does this MCP help with surfing anxiety?

It provides specific tools to assess your symptoms and gives you breathing protocols and routines to manage them.

02 Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any MCP-compatible client like Claude, Cursor, or Windsurf.

03 What kind of breathing techniques are provided?

The MCP generates specific respiratory techniques designed to regulate your nervous system based on your assessment.

04 Does it help with long-term mental prep?

Yes, it can generate a long-term management plan to help you handle anxiety over a whole season.

05 Do I need to host the MCP myself?

No, Vinkius hosts and manages the MCP for you. You just connect your client and it works.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+" Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"competition-anxiety-management-for-surfers": { "url": "... " }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Competition Anxiety Management for Surfers is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

Generated	September 2026
MCP Server	Competition Anxiety Management for Surfers MCP
Server ID	01a0a448-4f91-7255-865b-648ee048af93
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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