

## THUNDERBIRD PERFORMANCE

NFLPA - MVP Introduction to Mindfulness & Meditation Class  
Meditation Exercise – 3 “One Minute Re-Set”

**MEDITATION EXERCISE – 3 “One Minute Re-Set”:** This is a practice to use during the day when you might face something that is challenging, and you feel yourself getting caught up in something or feeling emotions etc. Super easy and takes literally 1 minute. Give it a try, add it to your practice and as always, have fun and be kind with yourself!!

1. Get Comfortable - Find a comfortable position, standing, sitting, whatever your body needs.
2. Have a Timer – Set a timer for 1 minute.
3. Pre-Exercise Check-In: Before you start the timer and get going, take 1-2 deep breaths and check-in with yourself. What is well within you in this moment? See if you can settle into these feelings of wellness, grounding yourself in what is well within you, in a sense of a “basic ease” or “basic goodness.” Rest here as you start the exercise.
4. One Minute Breath Count - When ready start timer and then inhale breath, taking just a slightly longer, deeper, and fuller breath. Once full, hold briefly and then exhale completely at an easy but slightly more controlled and slower pace.
5. Count Breaths – After 1 full inhale and 1 full exhale like this, count that as “1 breath”. Repeat this process until the timer gets to 1 minute, then stop.
6. Note Your 1 Minute Breath Count – Whatever number of breaths you completed in 1 minute, this is your “One Minute Breath Count”. Remember that number.
7. Use as a “Re-Set “in Challenging Situations – Now that you have your “One Minute Breath Count”, let’s say it is 8, if during the day you are involved in something “unsettling”, you feel strong emotions, have troubling thoughts, or sense a strong physical/body reaction, excuse yourself to a location you feel comfortable in. Relax, close eyes (if OK in situation), and breathe in and out the number of breaths that equal your One Minute Breath Count. For example, if it is 8, take 8 long, deliberate full breaths, like you did in the exercise above. Once you get to your count (e.g., 8), that is 1 minute.
8. S.T.O.P. – Observe and Proceed - When done with breaths, you should feel more centered, a bit calmer, and maybe the thoughts or emotions have subsided and/or moved on, even if just a bit. Now, using the “S.T.O.P.” method (and note that you have already “Stopped” and “Taken” a breath), you can “Observe” more clearly what is going on and your reactions (internal and external review), and then “Proceed” with intentionality and in alignment with your chosen values. Show up in the way you want to show up! It’s your choice!!
9. Practice – Try this in easy situations so you get comfortable with it. Get used to how your body and mind respond. The more you practice, the more accessible it will be to you, especially when things get tough.

Give this a try and you can keep it in your back pocket as a practice and a tool for tough situations. This is just an extension of the S.T.O.P. method. Trust your breath. Rely on your breath. It is the easiest and most powerful tool all of us have. With practice it is amazing how you can regain control and focus, and re-enter difficult situations in a productive and positive way. GOOD LUCK!

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***Be gentle. Be easy. Make it fun. Have fun. No right or wrong, it is ALL just practice.***