

HIDDEN PEARLS PODCAST

MVP/PAF - Mindfulness & Meditation COURSE II – 4 STAGES OF THE SELF CLASS 1 – KNOW THYSELF PART 1 – PARTICIPANTS' AGENDA

1. WELCOME & INTROS

2. SUPPORTS - *It's OK to be YOU!!*

3. BREATH & GUIDED MEDITATION:

4. QUICK REVIEW - COURSE I

Mindfulness - "*Paying attention to our object of awareness with as little judgment as possible.*"

"Meditation does not involve trying to change your thinking by thinking some more. It involves watching thought itself. The watching is the holding. By watching your thoughts without being drawn into them, you can learn something profoundly liberating about thinking itself, which may help you be less of a prisoner of those thought patterns...it is to understand the nature of our thoughts as thoughts and our relationship to them, so that they can be more at our service rather than the other way around." – Jon Kabat-Zinn

5. KNOW THYSELF (Part 1) (See Outline on course resource page)

6. DISCUSSION/Q&A/COMMENTS

7. CLOSE & CALL TO ACTION

REFERENCES:

1. For a brief introduction and example of mindfulness and S.T.O.P., please check out:
 - a. <https://www.mindful.org/the-s-t-o-p-practice-creating-space-around-automatic-reactions/>
2. S.T.O.P.
 - a. Stop (whatever you are doing)
 - b. Take (a conscious breath)
 - c. Observe (body, thoughts, emotions and circumstance)
 - d. Proceed (with intention and in alignment with values – *you* choose)
3. Compare to "Situational Awareness" / "Self-Awareness" / "AAR" (After Action Review)
4. Check out mindfulness/meditation apps:
 - a. Calm App - <https://www.calm.com/>
 - b. Headspace - <https://www.headspace.com/>
 - c. Ten Percent - <https://www.tenpercent.com/>

SUPPORT CONTACT INFO:

Suzi Landolphi – MVP Clinical Director 818-470-2013; Suzi@vetsandplayers.org	NFLPA resource for Current Players https://nflpa.com/active-players/wellness-resources
Bruce Kittle – Hidden Pearls Podcast 405-623-9460; CoachKittle61@gmail.com	NFLPA resource for Former Players https://nflpa.com/former-players/health-wellness?

"Mindfulness means paying attention in a particular way: on purpose in the present moment, and nonjudgmentally...It is simply a practical way to be more in touch with the fulness of your being through the systematic process of self-observation, self-inquiry, and mindful action."
- Jon Kabat-Zinn (*Wherever You Go There You Are*)