

THUNDERBIRD PERFORMANCE
NFLPA - MVP Introduction to Mindfulness & Meditation Class
Session 4 (April 4) **PARTICIPANTS' AGENDA**

1. Welcome to Week 4 – Deepening Your Practice:
2. **Moment of Centering** – Chimes & Breath (??):
3. Week 3 Review: **Breath & Breathing** - *"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again. ~ Thich Nhat Hanh, The Miracle of Mindfulness: A Manual on Meditation*
4. SUPPORTS: *You Are OK Just As You Are!*
5. Guided Meditation – Deepening Your Practice (??):
6. Core Concept #4: **Deepening Your Practice** - *There is no escaping yourself...No matter where you go there you are...There is always something to dislike. So why not let go and admit that you might as well be at home wherever you are? Right in that moment, you touch the core of your being and invite mindfulness to enter and heal. Jon Kabat-Zinn*
 - Deepening your practice of mindfulness & meditation – What Next?
 - o S.T.O.P. / G.R.A.C.E.
 - o Solo daily practice – do what works for you! Experiment!
 - o Get a partner to meditate with, hold accountable, share insights
 - o Join a meditation group – local in person or online (E.g., *Sangha Live*)
 - o MOVEMENT – Yoga / Walking etc
 - o Be gentle with self, hold all in love and kindness – it's a process!!
 - o Join us for next round of classes this summer!
 - It's not permanent / It's not perfect / It's not personal
 - Refer to **Chapter 3, "Honoring and Remembering"**, for a set of scripts for my recommended core meditations. And reminder that I offer guided versions of these on the audiobook version.
8. Open Q&A & Comments on Week 3 Concepts
9. NEXT STEPS
 - What will you do?
 - What would you like to do next?
 - PLEASE DO EVALUATION when we send link
10. Close: Thank You / Closing Reading-Chime-Breath / Available Supports (**in Chat**)

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EXERCISES & JOURNAL PROMPTS: NOTE: *These are suggestions and offered to help you experience and/or think about the topic for the week. If you feel uncomfortable doing these or have any anxiousness around them, please stop and contact a support person listed below.*

1. Week 3 Concepts - **Breath & Breathing**: *"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again. ~ Thich Nhat Hanh, The Miracle of Mindfulness: A Manual on Meditation*
 - a. WEEK 3 NOTES: The role of the breath and breathing in meditation
 - i. as a practice to center, find focus, calm, observe, investigate, proceed
 - ii. box breathing / breath of fire / Wim Hof / long counts / deep sigh exhale
 - iii. use to connect to body issues (anxiety/stress) / Body Scan
 - iv. G.R.A.C.E. -

- Gather Attention - Reconsider Intentions	- Attune to what is happening - Consider what would serve	- Engage and End
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- b. Reflect on Session 3: What were core lessons for you? What did you feel/experience?
 - c. Meditation Exercises: If you tried them this past week, what thoughts may have arisen, what emotions, where in your body did you notice anything? How did it feel to try meditation this week? What were your take a ways and lessons?
 - d. Building a Practice: What could you do to include meditation into your daily life?
 - i. Solo daily practice – do what works for you! Experiment!
 - ii. Get a partner to meditate with, hold accountable, share insights
 - iii. Join a meditation group – local in person or online (E.g., *Sangha Live*)
 - iv. Be gentle with self, hold all in love and kindness – it's a process!!
 - v. Join us for next round of classes this summer!
2. Breath Videos for Practice: (OK to just watch and we can discuss, or try them):
 - a. https://youtube.com/playlist?list=PLjVI6_z6vHMGBPCDu-rSZQiVVuWyu26Ie
 - b. https://youtu.be/Fp_DCh2OI1Y
 - c. Before you start, check in with what you are feeling/thinking and your body. What is well within you in this moment?
 - d. Once you do it, what did you experience/feel, what was going on in your body?

3. Resources:

- a. <https://www.mindful.org/the-s-t-o-p-practice-creating-space-around-automatic-reactions/>
- b. Link to YouTube videos of Sessions 1, 2:
https://youtube.com/playlist?list=PLjVI6_z6vHMHsS91Rp88hPQ4Kw9pLdQbb
- c. Link to Session 3: <https://youtu.be/JU4EFNrGw5U>
- d. There are also several good mindfulness/meditation apps available:
 - i. Calm App - <https://www.calm.com/>
 - ii. Headspace - <https://www.headspace.com/>
 - iii. Ten Percent - <https://www.tenpercent.com/>
 - iv. Insight Timer - <https://insighttimer.com/>

SUPPORT CONTACT INFO:

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Bruce Kittle – MAP Director 405-623-9460; CoachKittle61@gmail.com	NFLPA resource for Former Players https://nflpa.com/former-players/health-wellness?