

THUNDERBIRD PERFORMANCE
NFLPA - MVP Introduction to Mindfulness & Meditation Class
Session 1 **PARTICIPANTS HANDOUT**

I. WEEK 1 AGENDA:

- Welcome / Introductions:
- Class Goals & Guidelines:
- Opening Guided Meditation:
- Overview Core Concept - #1: *What is Mindfulness?*
- Review Week 1 handout:
- Close:

II. 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 one of the support persons listed below.*

1. What draws you, at this point in your life, to exploring mindfulness and meditation?
 - a. What questions do you have?
 - b. What do you want to get out of this class?
2. What prior experiences have you had with mindfulness?
3. Have you ever found yourself caught up in your thoughts or emotions?
 - a. What/how did you feel when this happened?
 - b. What would you have liked to have done differently in that moment?
4. For a brief introduction and example of mindfulness, please check out:
 - a. <https://www.mindful.org/the-s-t-o-p-practice-creating-space-around-automatic-reactions/>
 - b. Also see attached 3 minute "Morning Mindfulness" exercise attached as part of this Handout
5. There are also several good mindfulness/meditation apps available:
 - 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	Bruce Kittle – TBP / MAP Director 405-623-9460; CoachKittle61@gmail.com
https://nflpa.com/active-players/wellness-resources	