

THUNDERBIRD PERFORMANCE
NFLPA - MVP Introduction to Mindfulness & Meditation Class
Session 3 (March 28) **PARTICIPANT'S HANDOUT**

WEEK 3 AGENDA – Breath & Breathing (5:30 PT/6:30 MT/7:30 CT/ 8:30 ET)

1. Week 3 – Welcome:
- **ON YOUR ZOOM ID** – Please include Name / State-City / NFLPA or MVP?
2. Moment of Centering – Chimes & Breath:
3. Communication Guidelines:
 - Safety, Non-judgment / No Politics or religion
 - Speak and Listen with Respect
4. WEEK 2 Review – “Meditation”: *"A practice using a variety of techniques to focus the mind and calm the body in order to train attention and awareness, achieve mental clarity, and improve physical and mental performance."*
5. SUPPORTS: *It's OK to not be OK!* – See list of resources at bottom of page....
6. WEEK 3 Guided Meditation:
7. Overview Core Concept #3: **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*
8. Open Discussion/Q&A/Comments:
9. Wrap Up & Call To Action: What are you willing to commit to doing each day this next week to deepen you practice?
10. Close:
 - Next Week (building & sustaining your practice)
 - Chime-Closing Reading
 - **REMINDER** – *It's OK to not be OK!! You are not alone* – call/email/text a friend, or one of the instructors, or contact one of the Support folks (**Listed below**)

EXERCISES AND RECOURSES ON NEXT PAGE....

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EXERCISES & RECOURSES: *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 2 – Concepts Review:

- a. Meditation: "A practice using a variety of techniques to focus the mind and calm the body in order to train attention and awareness, achieve mental clarity, and improve physical and mental performance."
- b. Examples of Different Types of meditation: (1) Breath Anchored, (2) Insight/Mindfulness, (3) Movement, (4) Mantra/TM, (5) Guided, (6) Body Scan, (7) Loving Kindness.
- c. Reflect on Session 2: What were core lessons for you? What did you feel/experience?
- d. Meditation Exercises 1, 2 and 3: If you tried them, what thoughts may have arisen, what emotions, where in your body did you notice anything? How did it feel to try it? What were the lessons?
- e. Building a Practice:
 - What could you do to incorporate your practices more into your daily life?
 - How would that change your day and your interactions with others?

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_DCh2O11Y
- 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. 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:

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