

THUNDERBIRD PERFORMANCE
NFLPA - MVP Introduction to Mindfulness & Meditation Class
Session 2 (March 21) **PARTICIPANT'S HANDOUT**

WEEK 2 AGENDA

1. Week 2 – Welcome:
- **ON YOUR ZOOM ID** – Please include your 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
 - Mean what you say, Say what you mean, DON'T BE MEAN
4. WEEK 1 Review – “Mindfulness”:
 - *"Paying attention to our object of awareness with love & non-judgment."*
5. SUPPORTS: *It's OK to not be OK!* – See list of resources at bottom of page...
6. Guided Meditation:
7. Overview Core Concept #2: **What is 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."*
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 practice what we discussed tonight?
10. Close:
 - Next Week (Deeper into breath and breathing)
 - Chime-Closing Reading
 - REMINDER – You are not alone. Call a friend, contact Supports (**Listed below and in Chat**)

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 1 – Concepts Summary:

- a. Mindfulness: "Paying attention to our object of awareness with love and as little judgment as possible."
- b. Thoughts/Emotions:
 - i. We are not our thoughts or emotions and they do not control us.
 - ii. Thoughts/emotions, like leaf on a river, watch it, see it, let it go...
- c. S.T.O.P. (i) Stop (whatever you are doing), (ii) Take (a conscious breath), (iii) Observe (body/thought/emotion/situation), (iv) Proceed (with intention)
- d. Compare "Situation Awareness", "Self-Awareness", "AAR" (After Action Review)
- e. **Reflection WK 1:** What were core lessons for you? What did you feel/experience?

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 starting, check in - what are thoughts/emotions, and in your body.
- d. After - what did you experience/feel, what was going on in your body?
- e. Meditation Exercise – 2: What thoughts/emotions may have arisen, where in your body did you notice anything? How did it feel to try it? What were the lessons?

3. Resources:

- a. <https://www.mindful.org/the-s-t-o-p-practice-creating-space-around-automatic-reactions/>
- b. Link to video of Monday's Session 1 (Passcode: 2zexms@5):

https://us06web.zoom.us/rec/share/Q5pwQHK_7jUTQBvcRCBBIqRqwr7AYNy5J47m-1ZIRdykwjchikUsbNiFXI9TCcIP.CbQzTKXkRtGRrEVu?startTime=1647304392000

- 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?