

## HIDDEN PEARLS PODCAST

### MVP/PAF - Mindfulness & Meditation COURSE II – 4 STAGES OF THE SELF CLASS 2 – KNOW THYSELF PART 2 – PARTICIPANTS' AGENDA

1. WELCOME & CENTERING BREATH

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

3. QUICK REVIEW - COURSE II CLASS 1 KNOW THYSELF (Part 1)

**A. Conscious Awareness & Controlled Breath** - *"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."* — Viktor E. Frankl *"Man's Search for Meaning."*

**B. Acceptance** - *"Accept – then act. Whatever the present moment, accept it as if you had chosen it.....this will miraculously transform your whole life."* – Eckert Tolle.

*"For after all, the best thing one can do when it is raining is let it rain."*-Henry Wadsworth Longfellow

4. BREATH & GUIDED MEDITATION:

5. KNOW THYSELF (Part 2) (See Outline on Course II resource page)

6. DISCUSSION/Q&A/COMMENTS

7. CALL TO ACTION/CLOSING THOUGHTS

#### **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; <a href="mailto:Suzi@vetsandplayers.org">Suzi@vetsandplayers.org</a>	NFLPA resource for Current Players <a href="https://nflpa.com/active-players/wellness-resources">https://nflpa.com/active-players/wellness-resources</a>
Bruce Kittle – Hidden Pearls Podcast 405-623-9460; <a href="mailto:CoachKittle61@gmail.com">CoachKittle61@gmail.com</a>	NFLPA resource for Former Players <a href="https://nflpa.com/former-players/health-wellness?">https://nflpa.com/former-players/health-wellness?</a>

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CLASS 2 – KNOW THYSELF PART 2 – **PARTICIPANTS' AGENDA**

### QUOTES:

*“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*)

*“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