

Handout 2: Summary of MSPE Session 1

Takeaways From Session 1

- *Mindfulness* means paying attention to the present moment, nonjudgmentally (i.e., noticing and letting go of feelings, thoughts, and physical sensations, rather than getting lost in them).
- There is a theoretical and empirical connection between mindfulness (as taught in MSPE) and the optimal-performance state known as *flow* or being “in the zone.”
- MSPE uses meditations and specific present-moment anchors to train mindful attention in sport and other performance situations.
- Benefitting from a mental-training program such as MSPE means prioritizing mindfulness practice along with physical and tactical training.
- It is possible to strengthen the capacity for present-moment attention by doing daily activities (such as eating) mindfully.
- Breathing diaphragmatically can reduce stress, increase oxygen consumption, and easily be incorporated into daily informal mindfulness practice.
- Observing that the mind has wandered and then nonjudgmentally escorting it back to a present-moment anchor (e.g., the breath) represents the mindfulness “reps” that build skills such as focus and letting go.
- STOP (stop, take a few breaths, observe, proceed) is a helpful acronym to remember for informal mindfulness practice.
- Mindfulness helps reduce the tendency to be on automatic pilot, thus enhancing connections to what is happening and providing choice in how best to respond.

Daily Home Practice for the Week After Session 1

- Do the 3-minute diaphragmatic breathing exercise three times.
 - Do the 9-minute sitting meditation with a focus on the breath three times.
 - Seize opportunities to STOP and pay attention mindfully during daily activities.
 - Record this practice on your Daily Mindfulness Log and bring it with you next session.
 - If one will not be provided, remember to bring a mat, blanket, or towel to the next session.
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