

Handout 3: Summary of MSPE Session 2

Takeaways From Session 2

- Five core performance facilitators, which follow from the promotion of awareness and acceptance, are targeted in mindful sport performance enhancement (MSPE). When deployed intentionally, these facilitators can potentially lead to flow and peak performance. They include the following:
 - *Concentration*: Use present-moment anchors (e.g., the breath or parts of your body) to direct your focus. In sport, this can be achieved by anchoring attention to specific aspects of technique.
 - *Letting go*: Our reactions to experiences (and our reactions to those reactions) can interfere with performance. By noticing the mind wandering and directing it back to an anchor, you are practicing letting go.
 - *Relaxation*: Although not a specific goal of mindfulness, relaxation is a common effect of these practices. Learning to notice and release excess tension can help performance.
 - *Establishing a sense of harmony and rhythm*: Integrating concentration, letting go, and relaxation, you can connect to the totality of athletic experience and find an effortless rhythm in what you are doing.
 - *Forming key associations*: Generating meaningful cues within and outside the performance environment can help remind you to be mindful.
- The MSPE body scan involves shifting attention around different regions of the body, noticing what is there and then letting go. This practice is helpful for building attentional focus and flexibility as well as releasing excess muscle tension.
- Incorporating different mindfulness exercises into your practice can help build the range of mental skills needed for optimal sport performance.

Daily Home Practice for the Week After Session 2

- Do the 30-minute body scan one time.
 - Do the 9-minute sitting meditation with a focus on the breath five times.
 - Seize opportunities to STOP (stop, take a few breaths, observe, proceed) 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.
-