

Handout 4: Summary of MSPE Session 3

Takeaways From Session 3

- The main theme of the session is understanding the roles of expectations and limits.
- There can be a tendency in mindfulness practice, sport performance, and other situations to have limited tolerance for something that doesn't match what we think *should* be happening. Such expectations of ourselves or others often lead to nonconstructive blame and produce distress. Somewhat ironically, letting an experience be what it is, even if unpleasant, may be a more likely route to achieving a desired result.
- Practicing yoga mindfully means paying attention to the experience of the body while moving into and holding poses. Part of what that involves is recognizing limits and accepting them for what they are, neither bad nor good. Such acceptance is key to experiencing how limits change over time.
- Much like in physical training when weight might be added over time to build fitness and different exercises strengthen different abilities, the meditations in mindful sport performance enhancement (MSPE) are getting longer and more varied.
- The sitting meditation with a focus on the body as a whole adds a new anchor that helps participants practice expanding the scope of attention, whereas mindful yoga incorporates physical motion, moving mindfulness practice toward mindful sport performance.
- Paying attention to the body mindfully is a wonderful way to strengthen the mind–body connection and can be done throughout the day as the body twists, bends, and stretches with the natural movements of daily life.

Daily Home Practice for the Week After Session 3

- Do the 14-minute sitting meditation with a focus on the body as a whole five times.
 - Do the 40-minute mindful yoga one time.
 - 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.
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