Introduction to Mindfulness & Performance

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ASU
In one word, what are you most present with right now?
“The awareness that emerges through paying attention in a particular way; on purpose in the present moment, and non-judgmentally to the unfolding experience moment to moment.”

- Jon Kabat-Zinn
• “High resolution perception”

• “Situational awareness” - Police, fire, military and dispatch

• “The quality of awareness that comes when your attention is not distorted by bias” - Sharon Salzberg

• “Not punching the other kid in the face” - student in Mindful schools program.
What meditation is not...

- A religion
- An intellectual concept
- Stopping thoughts
- A relaxation technique
- Soft skill
Exercise: Candy Meditation
Inquiry:

• What kind of thoughts and emotions did you notice while opening the wrapper?

• How did the experience change when you shifted your to your senses?
Defining Mindful Performance

- The action or process of carrying out or accomplishing an action, task, or function.
- An act of staging or presenting a play, concert, or other form of entertainment.
“The quality of presence that emerges when one lets go of striving for an outcome and trusts the wisdom and talent available in the moment.”

– mPEAK
Foundational Attitudes of Mindful Performance

- **Open** - Receptive to insight and creative inspiration from beyond the intellect.

- **Courage** - Responsive rather than reactive to stress; abiding and monitoring difficult experiences such as fear and pain but choosing to move forward regardless.

- **Non-Attachment** - Present to the process rather than future outcome.
• **Balanced Effort** - Finding your “sweet spot” by letting go of striving for perfection, or holding back your full potential.

• **Compassion** - Meeting failure with kindness and a willingness to learn from the experience.

• **Focus** - Sustained engagement in the present moment with a particular task or on a chosen object.

• **Discipline** - Managing impulses, temptations and making choices that are consistent with intentions.
Pre-Event

This is where mindfulness can be a “tool or technique”.

• **Success Ritual**: Personalized routine, favorite song, visualization or any other way to prepare yourself.

• **Grounding Techniques**: mindful breathing, affirmation or another way to balance your energy.
Performance Event

Each performance has different opportunities for mindfulness.

- **Mindful check-in**

- **Self regulation** - This begins by noticing a moment of anger, an impulse toward retaliation, mind wandering, judgement of anything that does not serve the performance - Foundational Attitude: Discipline.

- **Allowing flow states** - Flow is a state we prime for with mindfulness but cannot choose or force.
Post Event

Staying mindful after the event may be one of the challenging practices.

- **Celebrate the win** - So often a goal is reached and before it can truly be felt and processed, we’re off to the next goal. Take it in! This ensures the positive moment is stored.

- **Compassion around perceived fail** - Rather than the common default into blame or criticism, mindfulness invites a practice of nurturing, humor, kindness and reflection around moments of difficulty or loss.
Integration

Each performance can offer an entire workshop worth of self-awareness and growth opportunities.

• **Process the learning** - non-judgmentally reflecting on the event from start to finish. Reflect on not only what happened but the thoughts, sensations and emotions that were observed along the way.

• **Receiving constructive feedback** - Elicit feedback from respected teammates, clients, friends or co-workers.

• **Adjust goals and create an action plan** - True integration comes when you modify beliefs, behaviors and actions based on the insights and lessons from a previous performance.
4 Categories of Mindfulness Practice Opportunities

- Self Care
- Lifestyle
- Work
- Training
Self-Care

- Nutrition
- Exercise
- Recovery/sleep
- Sauna, cryotherapy, float, massage, etc.
Lifestyle

- Relationships
- Finances
- Fun & Recreation
Work

- Shift
- Calls
- Daily Tasks
Training

- Performance Specific Training
- Recovery
THANK YOU!

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TURN IN
Strengthening the Minds of First Responders
mPEAK is a dynamic training program built around the latest brain research related to peak performance, resilience, focus and flow.

The program will be led by Pete Kirchmer, Program Director for UC San Diego Center for Mindfulness mPEAK, and John Vargo, Firefighter Paramedic (retired) and Founder of Turn In.

For further details, please visit us at www.turnin.life or email john@turnin.life

Recommended for first responders, competitive athletes and driven professionals.

Event located at Hunkapi Farms
12051 N. 96th St.
Scottsdale, AZ 85260

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