

Supplementary material for Evaluation of the Online Sport-Specific *Mindful^emotions* Program in a Population of Scandinavian Elite Athletes Measuring Psychological Parameters

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The *mindful^emotions* program

This program is guided by the Mindfulness-Based Stress Reduction (MBSR) program of Kabat-Zinn et al. (1985), the Mindfulness Acceptance Commitment (MAC) program of (Gardner & Moore, 2007), and the Mindfulness-Based Mind Fitness Training (MMFT) program of (Stanley, 2014). It combines different parts of these three by being a program for healthy athletes, teaching them methods and strategies to empower their minds, take control of their emotions, and accept whatever comes up. What separates the *mindful^emotions* program from the other interventions mentioned above is the primary purpose of sharpening the mind instead of healing it.

mindful^emotions is designed for seven weeks, with one 120-minute session per week. The participants are supposed to do 30 minutes mindfulness exercises at home on the other six days of the week, e.g., exercises like the body scan, mindful eating, seeing meditation, the STOP method, breathing exercises, and active tasks like mindful yoga, slow-motion movements, and walking meditation. The program consists of the following blocks for each week:

[1] *Foundations of mindfulness*, which focuses on the theoretical background and mindfulness methods. [2] *Attention and perception*, wherefore participants get introduced to perceptual psychology. [3] *Stress and body* to teach being aware of the individual physical borders. [4] *Emotions and thoughts* that the athletes need to understand and perceive both stressful and pleasant feelings and emotions. [5] *Values, emotions, and commitment* to learn the foundations of value-based action. [6] *Acceptance and serenity*, which focuses on the connection of goals, values, and behaviour. [7] *Review, lookout, and self-care*, where the participants give feedback on their process during the program and develop their mindfulness-based practice for their everyday life. The whole program can be expanded by the alternative blocks of mindful communication, mindful consumption, and coherence and resonance.

References

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- Stanley, E. A. (2014). Mindfulness-based Mind Fitness Training: An Approach for Enhancing Performance and Building Resilience in High-Stress Contexts. In A. Ie, C. T. Ngnoumen, & E. J. Langer (Eds.), *The Wiley Blackwell handbook of mindfulness* (pp. 964–985). Wiley Blackwell.
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