

MENTAL TOUGHNESS

What it is, and what it isn't

Mental toughness is also about balance. Here are some tips on how to be tough without neglecting your physical and mental health.



Mental Toughness



IS BELIEF

Believing in your ability to succeed based on the time and effort that you invested in your goal.

IS FOCUS

Setting clear priorities for long-term goals. Developing an ability to focus in the face of distraction.

IS REGULATION

Regulating your efforts so that you have maximum energy when you need it, and can relax when "high gear" is not needed.

IS COPING

Responding to anxiety, distractions, and failures in healthy and adaptive ways that help you learn from challenges you face.

IS AWARENESS

Cultivating self awareness of your thoughts and feelings so that you can use them to your advantage.

IS PUSHING

Finding enjoyment in the discomfort of training and preparation and pushing yourself to the limit.

IS NOT "FAKE" CONFIDENCE

If you haven't put in the work, being confident is a hollow shell. Beliefs should be based in the real effort you put in.

IS NOT INFLEXIBLE

Priorities and goals should be revisited often and modified as necessary.

IS NOT CONSTANT HIGH GEAR

No one can constantly perform in high gear. The key to being tough is using your energy WISELY!

IS NOT BEING IN DENIAL

Pretending like you don't feel anxious or down about something does not work. In order to cope with something, acknowledgement is key!

IS NOT UNBALANCED

Being aware includes being aware of yourself AND your obstacles/environment. If you're only focused on one of those, you're missing something.

IS NOT SELF DESTRUCTIVE

The goal is to push yourself TO the limit, not PAST the limit. Learning where your limit is comes with self awareness.

MENTAL FLEXIBILITY

Sometimes people aim for mental toughness and burn out. Instead, shoot for **MENTAL FLEXIBILITY**.


Look for creative and efficient solutions, not always tough ones.

Always look for new tools to cope with obstacles.

Performing at your best does not mean sacrificing your mental and physical health!



Reference:

 Jones, G., Hanton, S., & Connaughton, D. (2007). A framework of mental toughness in the world's best performers. *The Sport Psychologist*, 21(2), 243-264.

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