Mental Toughness: How it Works in the Real World and Why You Should Care

Presented by
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MENTAL TOUGHNESS:
How it works in the Real World
(and why you should care)

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US CORPORATE WELLNESS

USCorporateWellness.com
Mental Toughness
Research through 2016
Resilience?  
Grit? 
Hardiness?  
Flow?
Early Mental Toughness Research

- Early results/feedback
- Physical preparation
- Mental preparation
- Self-talk (various forms)
- Emotional response
- Purposeful commitment
- Callousing (physically/mentally)
- Focus
- Perspective
- Other people (relationships/accountability)
- Stress/Distractions

Example – Physical Preparation

- Fuel
- Hydration
- Sleep
- Caffeine
- Taper
Established Vehicles (MTOs) available to cross bridge:

- Focus
- Physical/Mental Preparation
- Self-talk
- Other people
- Strategic caffeine

\( \text{fMT} \) is the FUEL for the Vehicles

\( \text{fMT} \) – the fuel that enables you to USE the various available tools to push past the “want to slow down” trigger the body creates. Physiological Toughness allows you to push yourself “to” your limit. Mental Toughness (fMT) then provides ability to push through or extend that limit, even if just slightly.
fMT – Functional Mental Toughness
MTOs – Mental Toughness Optimizers

Depleters
- Sleep
- Stress
- Life Variables
- Self-doubt

fMT is the FUEL for the Vehicles
Established Vehicles (MTOs) available to cross bridge
Includes but not limited to:
- Focus
- Physical/Mental Preparation
- Self-rigs
- Other people
- Strategic caffeine
- Strategic music

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fMT is the FUEL for the Vehicles

fMT – Functional Mental Toughness
MTOs – Mental Toughness Optimizers

Physiological Toughness
- Skp
- Stress
- Life Variables
- Self-doubt

Critical Moment(s)

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You?
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Your opinion matters!

Please take a moment now to complete the evaluation.

Thank You!