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Mental toughness

How to stay calm in the eye of a hurricane

RainFellows

Agile coaches and mentors

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Program EduLeaders

**Mode 1.
Leadership**

**Mode 3.
Mental toughness**

**Mode 2.
The agile way
of culture**

**Mode 4.
Feedback**

**Mode 5.
Joint meeting of
CZ + SK
5 June 2023**

Good result of the day

- What I want to leave with

- What interests me about the topic?

What does the term "mental resilience" mean to you?

How does pressure affect me?

Managing people is a top sport



Personal stories



Effects of stress



Stress reaction

= Freeze / flight / attack reaction

- An evolutionary mechanism that increases the chances of survival
- Extremely fast onset (before we are aware of the danger ourselves) • In essence, it is a flooding of the body with chemicals that support the body's functions necessary for survival and suppress the others

Stress reaction

Controlled by the amygdala, which through several mediators ensures the release of adrenaline, noradrenaline, cortisol and approximately 30 other substances that cause:

- Acceleration of heart rate and increase in blood pressure
- Concentration of blood in the muscles, heart and other key organs
- Accelerated breathing
- Dilation of pupils
- Release of glucose and other energy sources into the blood
- Sweating

- Shutting down immunity
 - Shutting down digestion •
- Shutting down growth
- Weakening reproduction
 - ...

Your body will return to its initial state in 20-60 minutes!

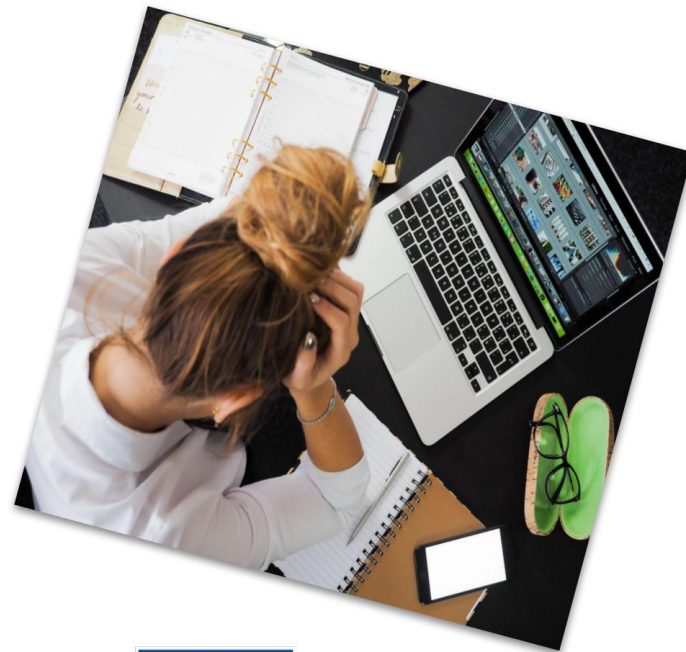
Exercise: What do I perceive pressure from?

1. **Describe all the stressful situations** you are currently experiencing at work/in your personal life.



Exercise: What do I perceive pressure from?

2. **Divide** the things that came to your mind into what **you can influence** and what **you can't influence** and paste on the appropriate flipchart



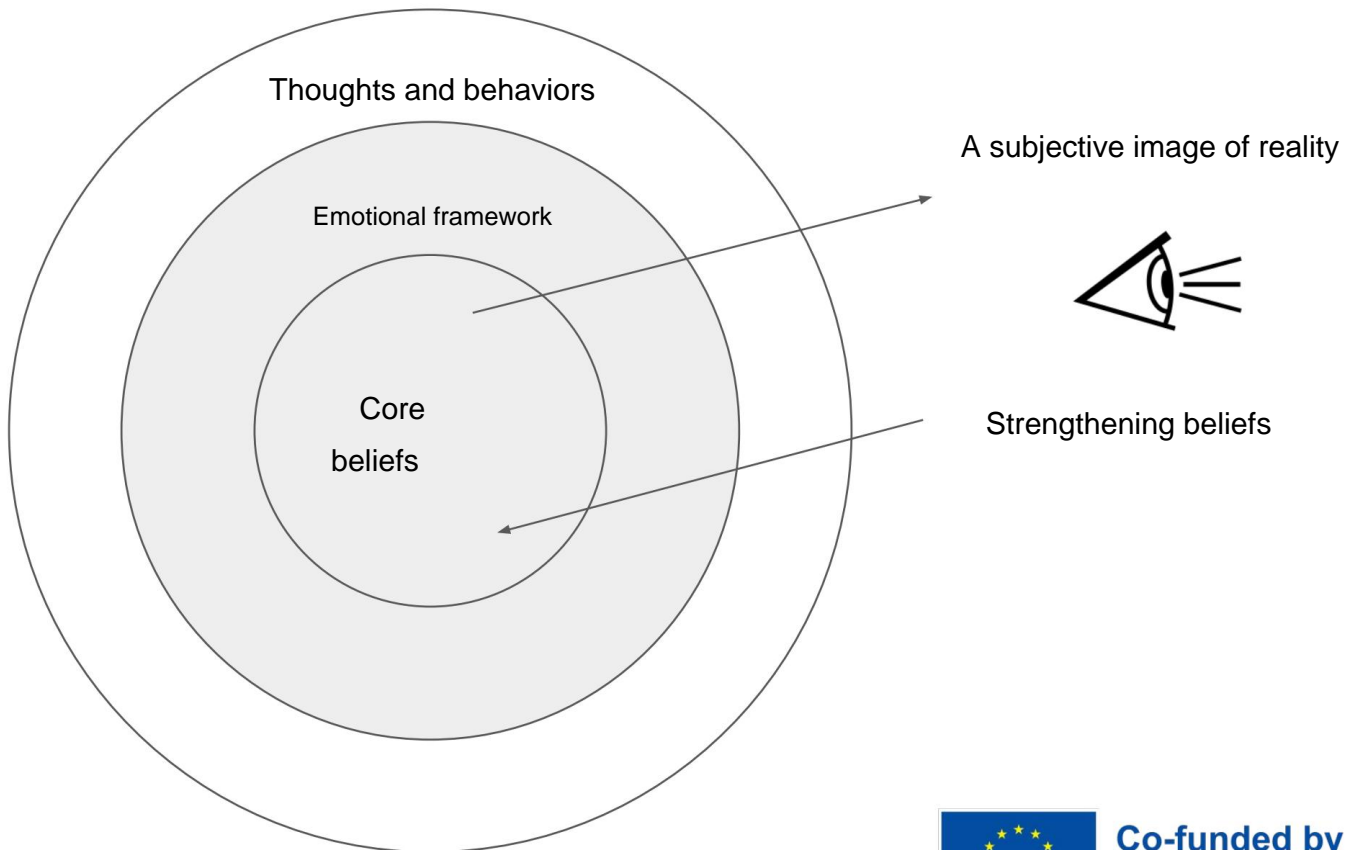
Exercise: What do I perceive pressure from?

3. Give each other advice.



Stress was, is and will be - what about it?

Where do my feelings come from?





Exercise: Vulnerable areas

Task:

Answer the questions and statements on your own without thinking too much.

The ABCs of Thinking

Step 1: Monitor your inner dialogue over the chosen situation.

Step 2: Analyze the results.

Step 3: Contradict and challenge

Step 4: Create new adaptive beliefs.

Let's try it!

Exercise: Emotions and inner dialogue

Task :

1. Remember your specific failure / mistake or a difficult life situation.
2. How did that make you feel?
3. What was your inner voice telling you at that moment?
Express in one sentence.
4. When was the first time you heard / heard such a voice?

Událost / situace	Pocity	Vnitřní hlas	Kdy poprvé?
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ABC technika



The ABCs of Thinking

- Shows awareness of **"how" we think**
- They help to see **patterns and connections** over time
- Realizing that **our thoughts are often irrational, illogical = we can question and replace them with positive ones.**

The ABCs of Thinking

Step 1: Observe the emotions and behaviors that trouble us or cause us problems

Step 2: Identify the events in which this occurs

Step 3: Name the beliefs that accompany her (them).

A = Aktivační událost	B = Přesvědčení	C = Důsledky v chování a emocích	D = Rozpor
Step 4: Create new adaptive beliefs.			

ABC example

A = Trigger event	B = Belief	C = Consequences	D = Contradiction
<p>important meeting Meeting with the choir room Exam Public performance</p>	<p>I will fail!</p> <p>I do not make!</p> <p>I can never really prepare for it!</p>	<p>Concern, Nervousness</p> <p>I can t sleep Lack of focus Irritability</p> <p>I'm thinking of scrapping it, rescheduling it</p>	<p>I am very interested in taking the exam, but my behavior and feelings actually prevent me from doing it.</p>

ABC example

A = Trigger event	B = Belief	C = Consequences	D = Contradiction
<p>I want to do every task "automatically" perfectly, flawlessly and quickly</p>	<p>If I do things "to the number one" and right away, people will praise and appreciate me and I will feel valuable.</p> <p>I will feel good</p>	<p>Rat in the wheel I can't keep up I don't do everything "well", perfectly</p> <p>People take my work for granted I don't get awards</p>	<p>I want praise from those around me, which I don't like at all doesn't get</p> <p>I want an award and I get the opposite.</p>

ABC example

A = Trigger event	B = Belief	C = Consequences	D = Contradiction
<p>Someone asks me to do something for them and I say yes.</p>	<p>If I say YES, people will like me.</p> <p>To make people like me to be enough so I "must" fulfill what they ask of me</p>	<p>Concern</p> <p>Stress, nervousness</p> <p>I can't keep up, Don't keep promises.</p> <p>People around me are angry with me, I'm unreliable</p>	<p>I am not achieving the goal of getting people to like me. Because they are upset that I am unreliable</p>

Activating event **Something** is happening to you or in the environment around you.



Beliefs **You** have a belief or interpretation regarding a triggering event.



Consequences - **Consequences** Your belief has consequences that include feelings and behavior.



Disputation of beliefs **Dispute** your beliefs to create new implications.



Effective **new** beliefs Adoption and implementation of new adaptive beliefs.

ABC exercises

A = Activation event	B = Belief	C = Consequences in behavior and emotions	D = Contradiction

What shaped us in childhood

**You have to
have straight A's to
do something!**

Please act normal!

Jeez, you're stupid!

What will you grow into??

What did it again!

The most common negative beliefs

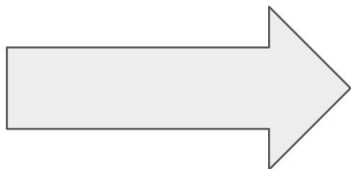
- I have no chance to win/succeed.
Never...
- I don't deserve... (to be accepted, loved)
- If they found out who I really am, no one would like me
- I ruin everything
- It's my fault
- There is nothing good / interesting about me
- I am not like them and I am therefore strange or bad
- I am worthless
- I have to change



**The worst burden a person
can carry through life is the fear
and anxiety of not being
allowed to be who they really are....**

Effects of negative beliefs

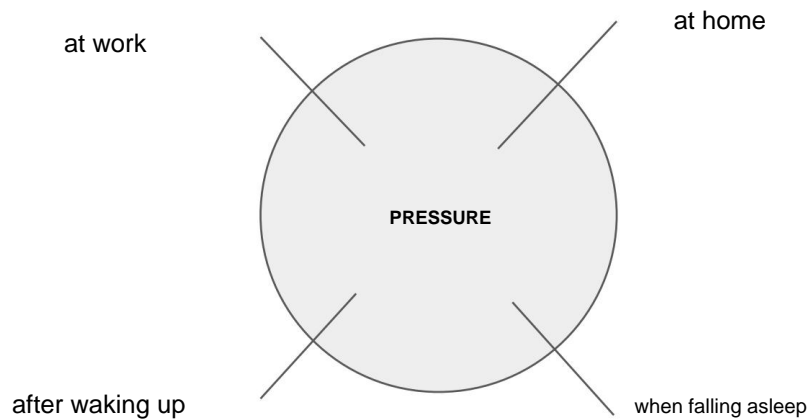
- Self-destructive overwork • Pressure to perform • Desire for perfection • Idealization of the environment, others • Fear that I do not or will not have enough... (money, time) • Low self-esteem, self-esteem, self-acceptance, self-love



**The
pressure we create ourselves**

Coping with pressure

- Mental preparation and rituals
 - Reframing
 - Power sentences
 - Relaxation
 - Visualization
 - ...



Reframing - changing meaning RAIN FELLOWS

Don't fight stress, instead accept it as part of what you love and make it fuel your passion.



General tips for managing pressure



1. Shift the focus from the outcome (which creates anxiety: what if we lose) to yourself

Here and Now. Learn breathing exercises - more in the breathing quest

2. Separate your feelings of excitement and fear of failure. The voice of criticism then weakens us.

Look for passion, your calling and what you are good at in the whole situation. You can repeat it in your mind

reinforcing the phrase: "**I am who I am for a reason.**" - more in the **power sentence quest**

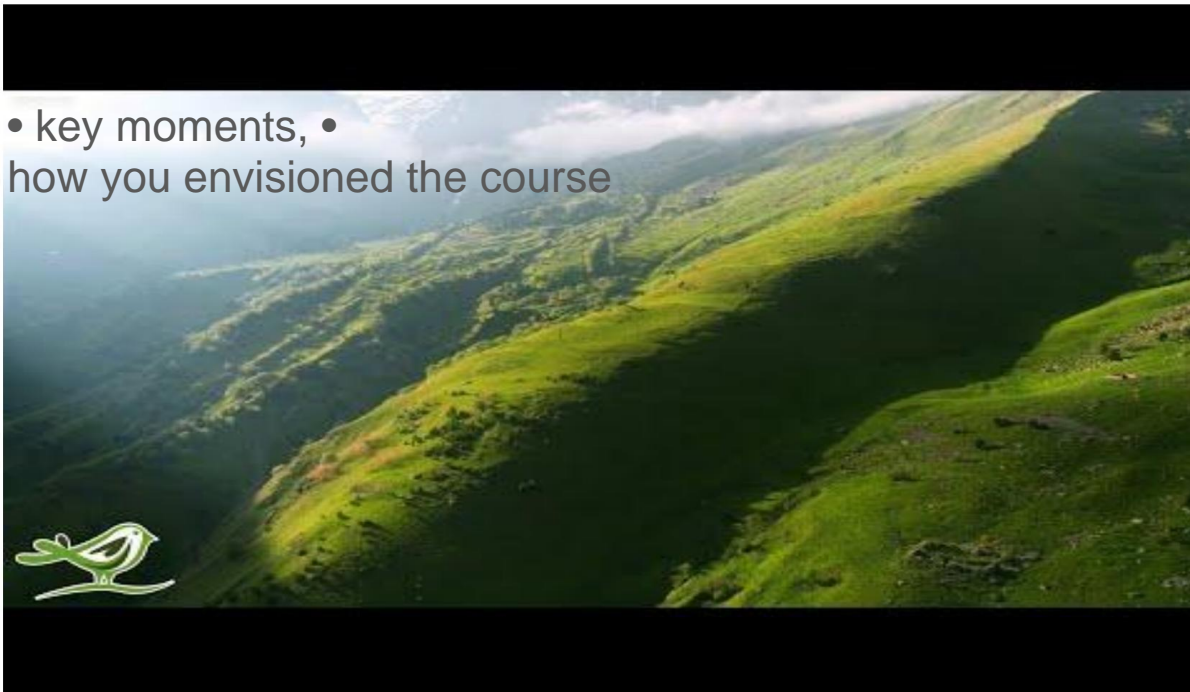
3. Name your passion and make a conscious decision to accept a given stressful situation as

part of it. It's just part of it.



Visualization and relaxation technique

- key moments, •
how you envisioned the course



Exercise: Power sentences

1. I am who I am for a reason. 2. No clinging, no resistance.
3. I am essentially indestructible.
4. Past and future are illusions. There is only the present moment.
5. Everything happens in the right timing. I won't lose anything.
6. My life is only mine, no one can live it for me.
7. I have unconditional support.
8. I am a picture of nature.
9. I always have exactly what I need.
10. I give and receive joy, love and compassion.
11. My life is a harmonious symphony.
12. I have a choice.

Relaxation



How to break negative beliefs?

1. First step is awareness & ownership
2. Regular use of ABC technique
3. Power sentences
4. Visualization
5. Coaching/Therapy