



Mindset and Performance

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MY BACKGROUND



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Program outline

- How to manage your headspace under pressure
- Coping with mistakes
- Lifestyle choices that help



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Resilience according to Mel:

“The ability to tolerate feeling bad while also doing what is important in the course of a day.”

- Skills
- Willingness
- Commitment



There is no resilience without the opportunity to practice resilience

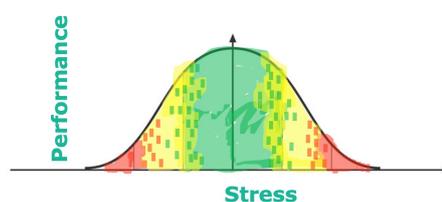
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High performance

- ⦿ Think of a time under pressure that you performed well...
 - What was your mind's focus? (what were you thinking)
 - How did you view your emotions? (good, bad or indifferent)
- ⦿ A time you didn't perform well under pressure...
 - What was your mind's focus? (what were you thinking)
 - How did you view your emotions? (good, bad or indifferent)



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High performance headspace

- ⦿ Attention: 7+-2
- ⦿ Mind's focus:
 - Task focus V self focus
- ⦿ Non-judgmental acceptance of reality
 - Of your/others performance
 - Of your feelings



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EMOTIONS = SURVIVAL REACTION

DON'T GET KILLED BY STUFF

- Anger → Fight
- Fear → Flight
- Anxiety → Avoid
- Sadness → Shut down
- Disgust → Reject



CONNECTION

- Love
- Happiness
- Grief



COOPERATE/COMPETE

- Empathy
- Shame/embarrassment
- Guilt/disappointment
- Status
- Fairness



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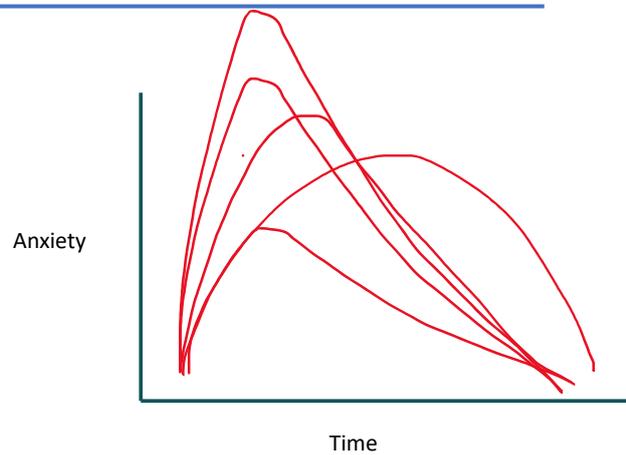
The problem of avoidance

What are common ways that people avoid their feelings?



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Anxiety/Avoidance

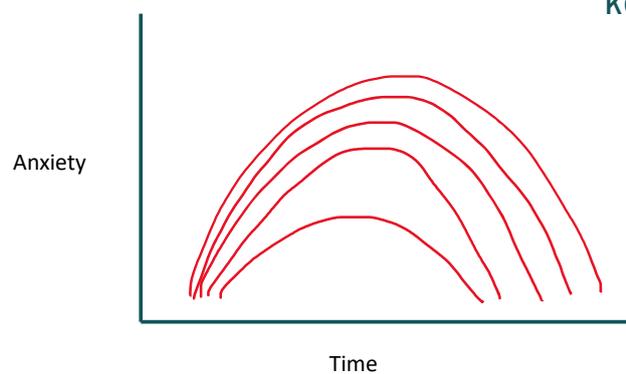


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Anxiety/Exposure



When did you have to
keep doing something
that made you
anxious and now it
doesn't?

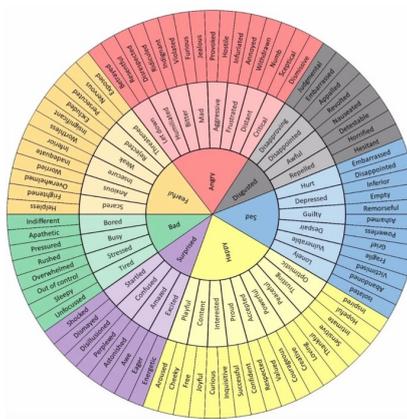
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Emotional acceptance

- 🌀 Notice/be curious
- 🌀 Label the emotion as accurately as possible
- 🌀 You don't have to like 'em to accept you got 'em
- 🌀 You don't have to be happy/feel good all the time
- 🌀 Connect emotional discomfort to values and goals



Connect emotions to values/goals

- 🌀 Think of the last time you messed up
 - What happens if I always avoid this feeling?
 - What do I want to be proud of when I face these situations?

THE MAN IN THE ARENA

It is not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena whose face is marred by dust and sweat and blood, who strives valiantly, who errs, who comes short again and again, because there is no effort without error and shortcoming, but who does actually strive to do the deeds, who knows great enthusiasms, the great devotions, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst if he fails at least fails while DARING GREATLY, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

THEODORE ROOSEVELT



Mindfulness to manage head noise



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Mindful breathing

- 🌀 Mindfulness to manage head noise
 - Pay attention on purpose, with curiosity
 - Notice when you get distracted
 - Acknowledge what distracted you
 - Choose to refocus on the task at hand



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Lifestyle choices

- ⦿ Protect your sleep
- ⦿ Appropriate fuel
- ⦿ Balanced social/family life
- ⦿ Learn how to relax

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Summary

- ⦿ You don't need to avoid your emotions in order to perform well
- ⦿ Your best performance is when your 7+-2 is on the task
- ⦿ Use mindfulness to reduce headnoise
- ⦿ Remind yourself about the good reasons for feeling bad

**What will you do
differently?**

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