



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Developing Mental Toughness

Taught by the Harris Health Employee Wellness Team

Learning Objectives

- Define mental toughness
- Identify our emotional responses
- Assess our mental toughness
- 4 components of mental toughness
- Learn to collaborate with your mind

Mental Toughness

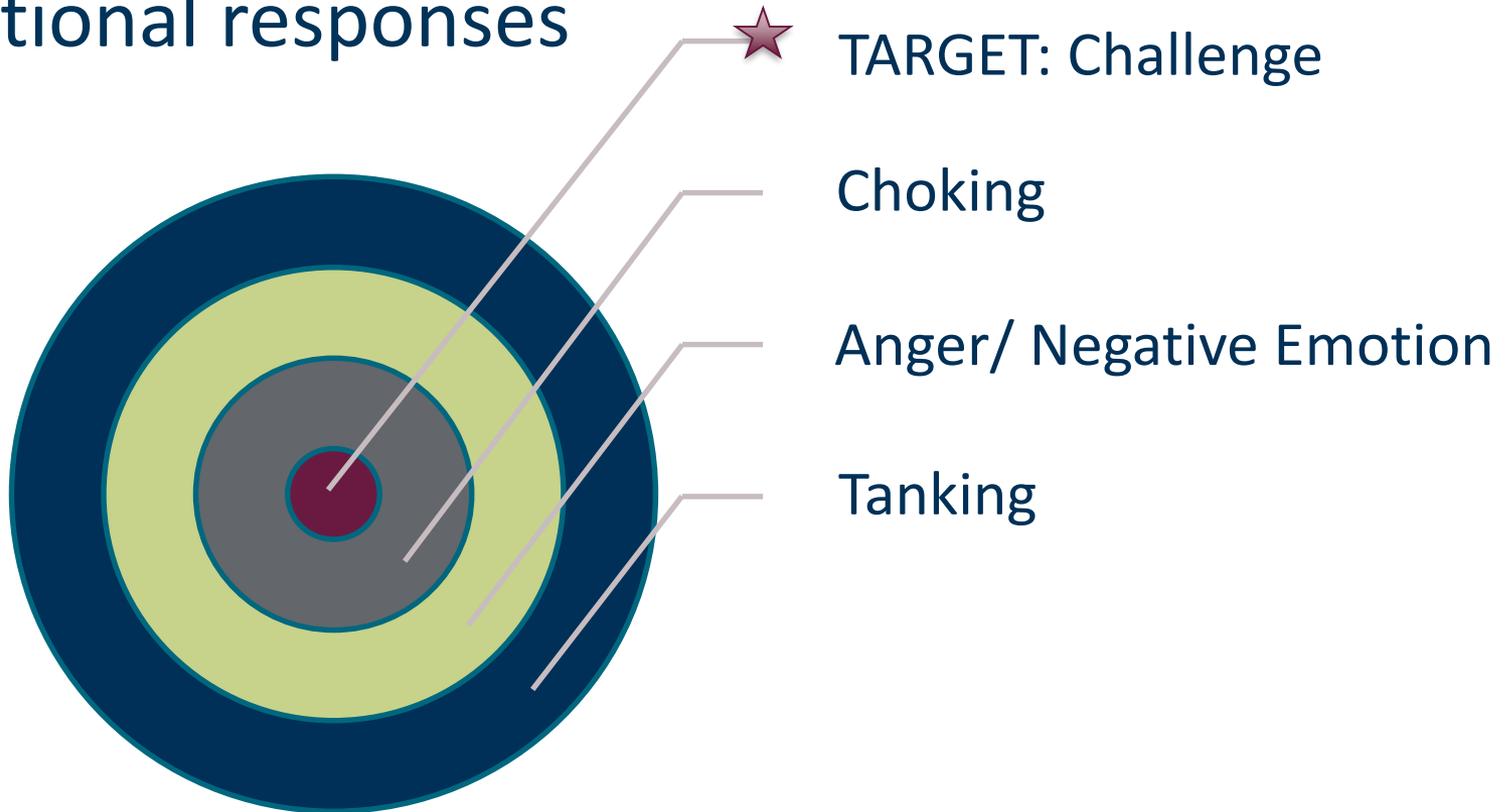
"Mental toughness is the ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve."

People who are mentally tough...

1. Perform better
2. Enjoy greater wellbeing
3. Are more confident, comfortable with themselves and satisfied
4. Remain calm and manage stress and change well
5. Recover quickly from setbacks

How do you react?

4 emotional responses



Let's Assess

Consider how much you identify with the below phrases on a scale of one (“Nope, not me at all!”) to five (“Yes, completely me!”). Mark your response for each phrase below. Remember to be honest.

	1 – Not me!	2	3	4	5 – <u>So</u> me!
CONTROL					
Even when under considerable pressure, I usually remain calm.					
I do not tend to worry about things well before they actually happen.					
I generally feel in control.					
COMMITMENT					
I usually find it easy to summon enthusiasm for the tasks I have to do.					
"I know exactly where to begin" is a feeling I usually have when presented with several things to do at once.					
CHALLENGE					
I generally cope well with any problems that occur.					
I am generally able to react quickly when something unexpected happens.					
When I make a mistake, I usually do not let it worry me.					
CONFIDENCE					
I generally feel that I am a worthwhile person.					
I generally look on the bright side of life.					

Let's Score Your Assessment

Add the numbers from each section together and write them down. We'll talk more about what this means.

Control Score =	<input type="text"/>
Commitment Score =	<input type="text"/>
Challenge Score =	<input type="text"/>
Confidence Score =	<input type="text"/>
What is your total score?	<input type="text"/>

The closer your total score tracks to 50, the more mentally tough you are.

*The mental toughness assessment on this handout is a modified version of the MTQ-10.

Source: <https://www.wellandgood.com/good-advice/mental-toughness-quiz/>

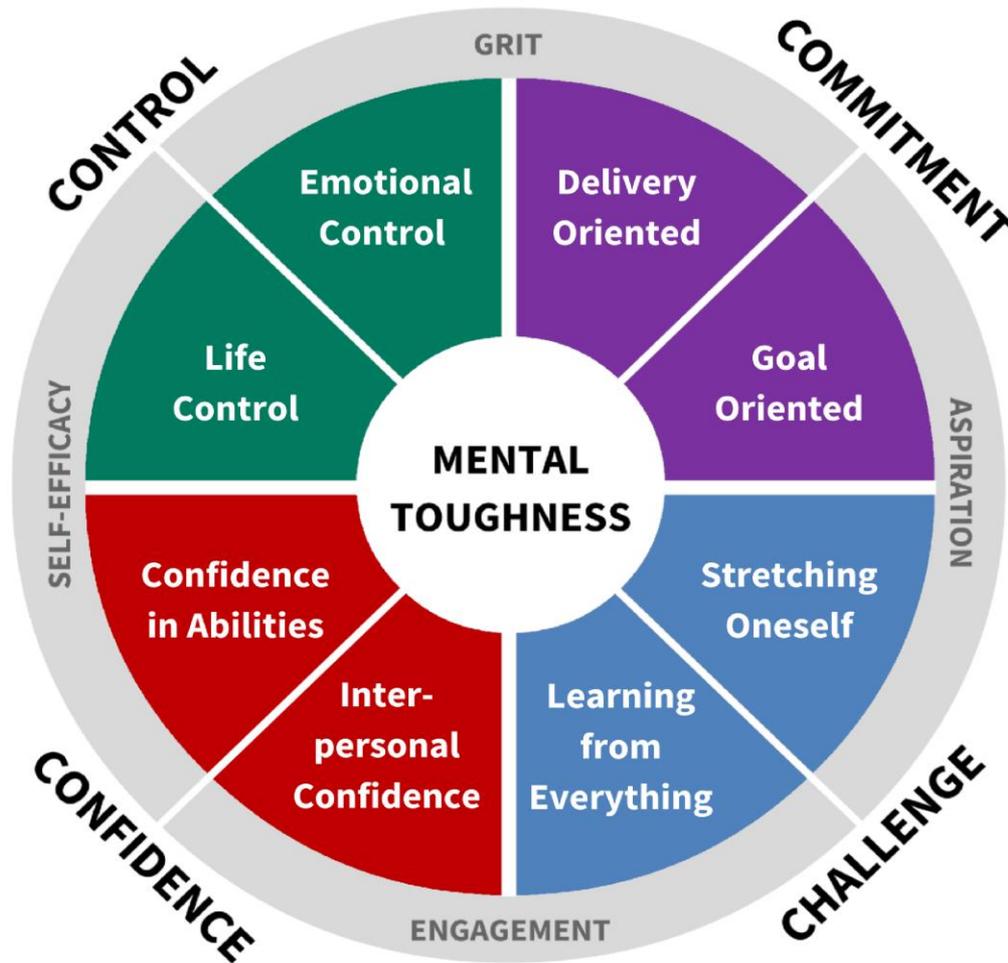
4 Components of Mental Toughness

Challenge: Obstacle  Opportunity

Control: No control  I'm in control

Commitment: Fall off  Stick to it

Confidence: I can't  I can and I will



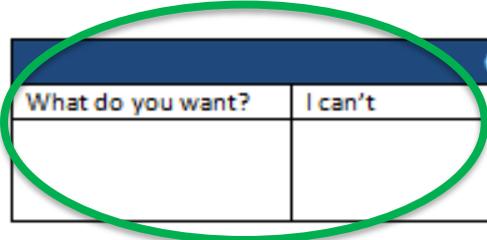
RESILIENCE - Coping with life's difficulties
+
POSITIVITY - Seeing and seizing opportunity

Activity

Think about your responses to the assessment you completed. Choose 1 “C” that you want to focus on.

1. First, ask yourself, “What do you want?” Write down the answer.
2. Next, ask yourself, “What is one obstacle for me?” Write down the answer.

We will come back to this.



Confidence			
What do you want?	I can't	I can, and I will	Action

How Do I Build My Mental Toughness?

1. Think positive.
2. Control anxiety through relaxation techniques.
3. Visualize success.
4. Set SMART goals.
5. Focus. Limit distractions and practice mindfulness.



How Do I Build My Mental Toughness?

Learn to collaborate with your mind

1. Your mind is working for you.
2. Link pleasure to pain.
3. Change the picture and the words.
4. Make the unfamiliar familiar.



Activity Continued

Now that we know ways to build mental toughness, go back to the activity you started.

3. Now, ask yourself, “What can I do to overcome the obstacle?” Write down the answer.

4. Last, ask yourself, “What is one action I can take to get there?” Write down the answer.

Confidence			
What do you want?	I can't	I can, and I will	Action

Write Your Ritual

Habits (95%) vs Rituals (5%)

Full engagement requires positive rituals

Rituals can become habits

“Some people want it to happen, some wish it would happen, others make it happen.”

- Michael Jordan

Write Your Ritual

Tips for writing rituals

1. Make them SMART.
2. Few at a time.
3. Focus on what you want, not what you don't want.
4. Create a supportive environment.

Ritual Examples

I will repeat a positive mantra that builds confidence, three times daily.

I will link pain to one bad habit each day for 4 days.

I will link pleasure to one difficult thing each day for 4 days.

“Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself. Never pity yourself. Be a hard master to yourself-and be lenient to everybody else.”

— Henry Ward Beecher

Summary

- Mental toughness builds resiliency
- Identify your emotional reaction to tough situations
- Be the boss of your mind
- Build a ritual and practice it



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