

MENTAL RESILIENCE

NERVOUS ABOUT YOUR PHYSICAL ASSESSMENTS?

Here are 5 top tips to help you with your mental resilience. This is where you continue to keep going even when things get difficult. Like on assessment day, you may feel nervous, you might experience physical discomfort, but you keep pushing through - this is resilience.

1. EXPECT GOOD THINGS-

You've trained for your physical assessments, and you've done everything in your power to be prepared. So believe in yourself, you've got this!



2. GET COMFORTABLE WITH BEING UNCOMFORTABLE-

On assessment day, let's face it, you will more than likely feel uncomfortable at some point. So make sure you get used to this feeling in your training, when those later stages of the MSFT are feeling hard, remember that you've trained for this and you've felt that exhaustive feeling before. Building up your resilience comes from being uncomfortable. Each time it happens, it feels less stressful. So, try to embrace the uncomfortable feelings and focus on the positive aspect of what is happening.

If you are unsuccessful in your first attempt at AC or ASOB, rather than sink into negativity, ask yourself 'What did I learn?'. This will help you to optimistically grow. You can also check out our 'understanding failure' section.

3. YOUR RESPONSE-

Your response to a given situation can decide whether it's going to be a negative or positive emotion or feeling. When facing a set back try to put the emotional pause button on. Just take a moment to consciously decide how you would like to respond. Using self-talk such as "it's not the end of the world" or "OK, what do I need to do?" are just a few ways to calm the situation down.

4. BREATHE & RELAX-

When we face challenging situations, we tense up our muscles and our breathing becomes more rapid. Your heart will also beat faster because of the adrenalin being pumped into it. This is a natural physical response to stress. When you feel this tension, hit the PAUSE BUTTON in your mind. Take DEEP BREATHS, DROP YOUR SHOULDERS and RELAX. This will help your neck and upper back to relax and will calm you down.



5. WRITE IT DOWN-

Our minds can get clogged and blocked at stressful times. The chaos and fog can cause confusion and poor decision-making, so grab a pen and paper and write stuff down. Start with prompts such as:

- THINGS I AM HAPPY WITH
- THINGS I WOULD LIKE TO CHANGE
- THINGS I'M LOOKING FORWARD TO

This may feel strange at first, but once you see and absorb your answers you will start to clear the fog, chaos and confusion and be better placed to see reality with clarity.



SUMMARY-

It will take a continued effort to become efficient at mental resilience and there is no final destination. It's more like a continued practice in the mind and when this is coupled with a firm understanding of belief then you will become more resilient.