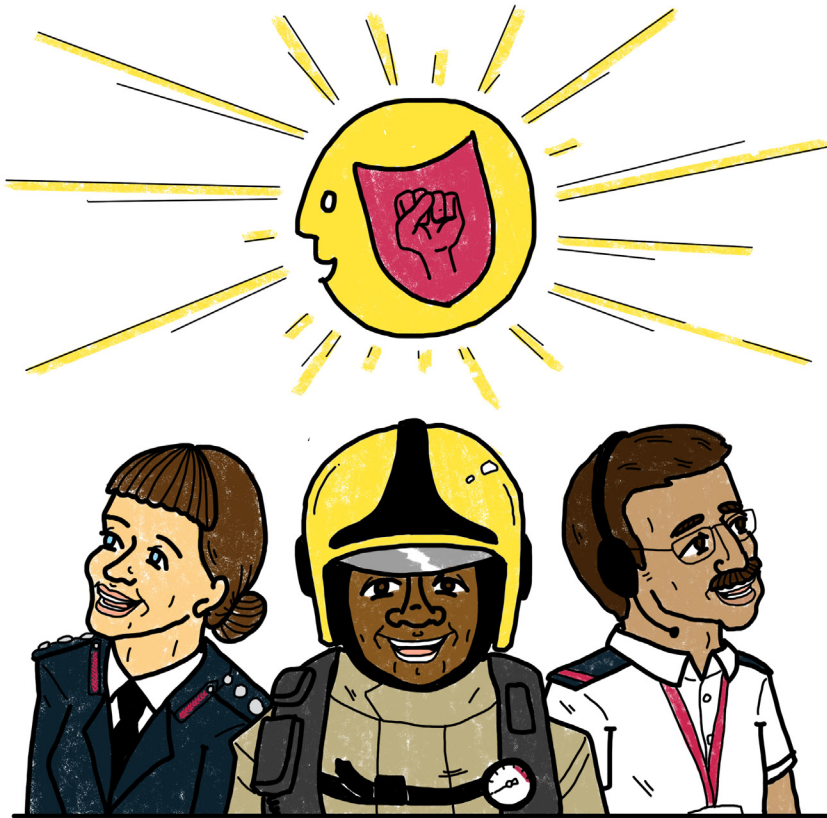




Baker's Dozen of Mental Toughness

Your stress management and resilience toolkit



Dr Mark Stacey, Elaine Russ, Professor Andy McCann
Illustrated by Laura Sorvala

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Introduction

Emergency services staff have intense workloads and exposure to high stress and trauma. This increasingly stressful work environment takes its toll not only your health and personal life, but also your job performance, personal, social and environmental resources.

You deserve to have access to every tool and every opportunity to maintain or even increase and improve your personal resilience. This toolkit will provide you with a series of resources to help strengthen your mental toughness and allow you to carry out your life to the best of your ability.

The skills outlined are easy to learn but for them to be useful to you, **you must practise** and practise until they become a habit embedded in the way you behave. Used regularly these tools will optimise your performance under pressure, enhance your life both at work and home and enable you to function better **but** it will take time and effort.

It will be worth it.



#1

CHANGE perspective

O P P O R T U N I T Y
S

N O W H E R E

Should there be a space here?

P R O B L E M

What do you see?

C H A L L E N G E

T H R E A T

#2

BECOME MORE *optimistic*



3 IS THE
magic
NUMBER

IT TAKES THREE POSITIVE
EMOTIONS / ACTIONS TO BEAT
ONE NEGATIVE ONE!

(UNLESS YOU'RE IN A RELATIONSHIP)

#2

BECOME MORE optimistic

P · E · R · M · A

POSITIVE EMOTIONS
~ feeling good ~



ENGAGEMENT
~ finding flow ~



RELATIONSHIPS
~ authentic connections ~



MEANING
~ purposeful existence ~



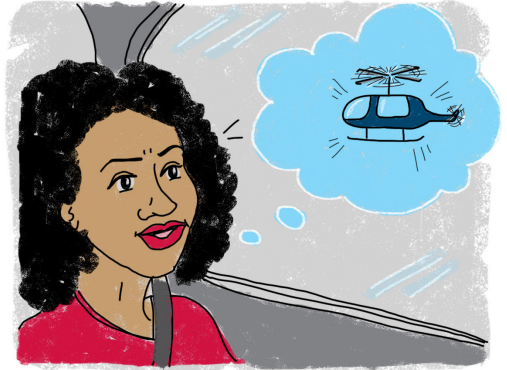
ACHIEVEMENT
~ a sense of accomplishment ~



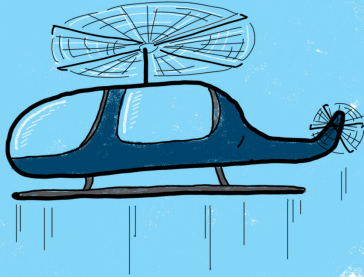
#3

Become a STRESS MANAGEMENT EXPERT

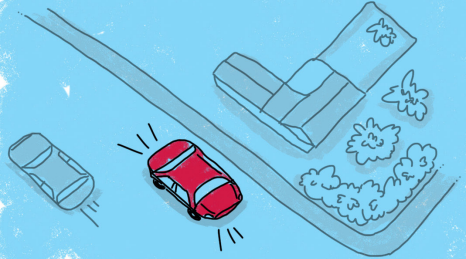
part 1: the HELICOPTER TECHNIQUE



IMAGINE FLYING UP...



... AND LOOKING DOWN ON YOUR SITUATION.



IN YOUR 0-80 LIFESPAN,



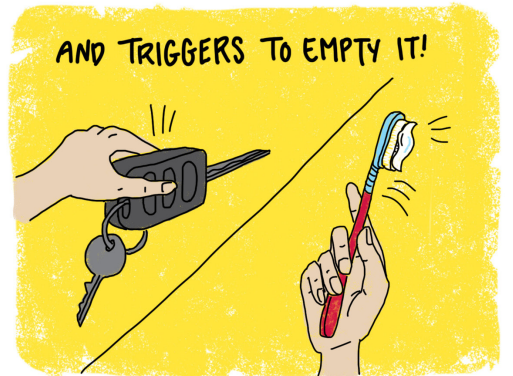
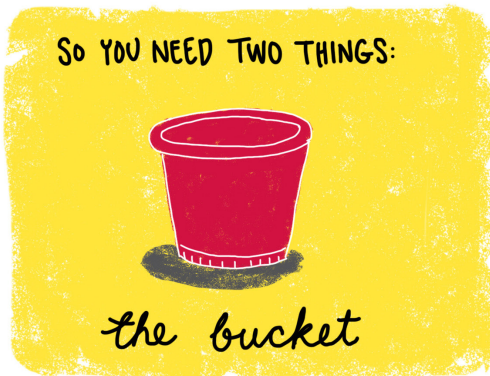
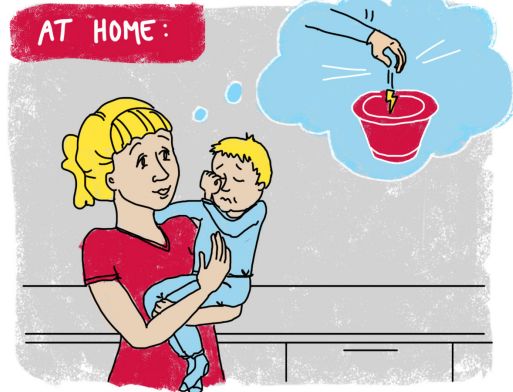
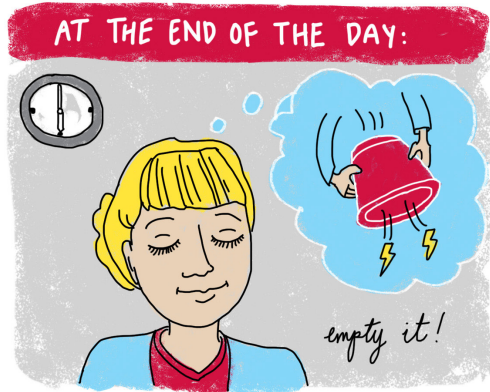
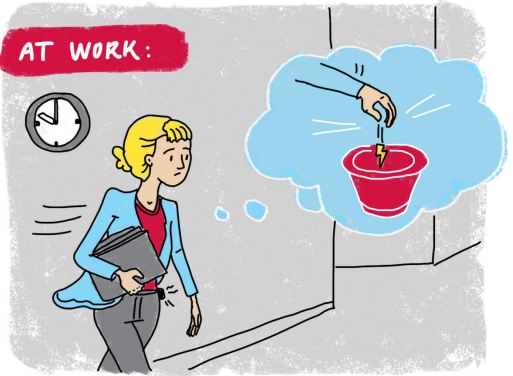
HOW IMPORTANT WAS THAT INCIDENT?



#3

Become a STRESS MANAGEMENT EXPERT

part 2: the STRESS BUCKET



#4

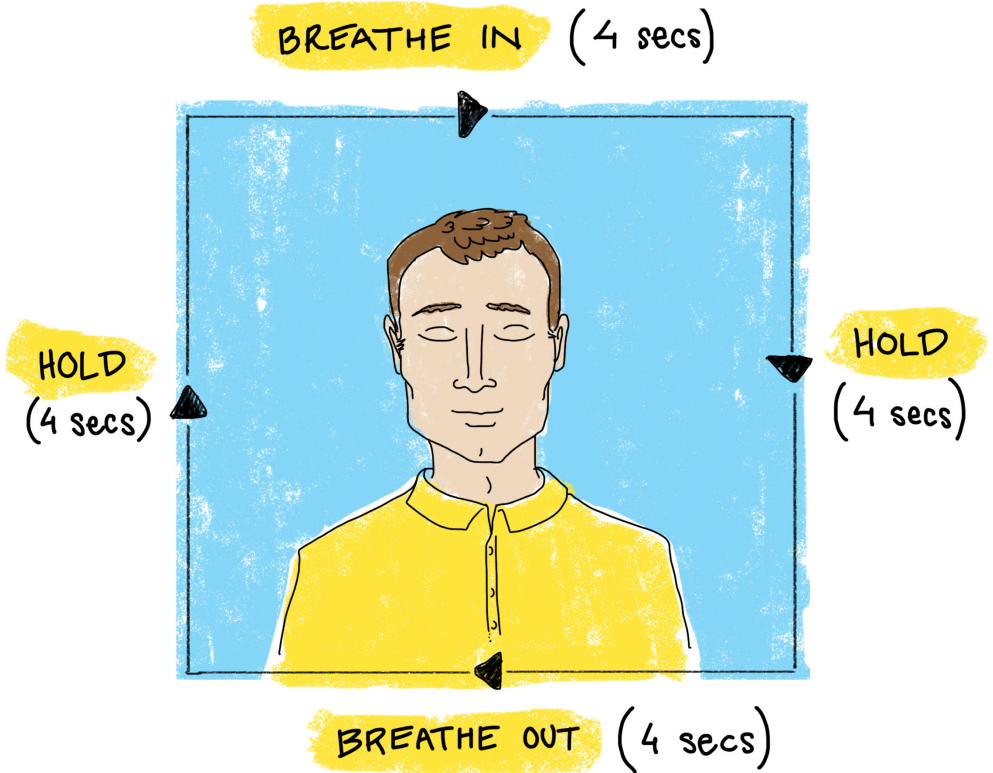
KEEP A gratitude DIARY



Write down 3 things
that went well for you
in the last 24 hours

#5

TAKE A BREAK TO *meditate*



box breathing

#6

GET BETTER sleep

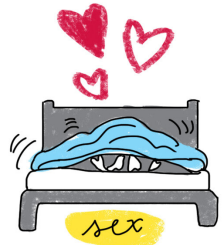
AT HOME

USE YOUR BEDROOM
FOR TWO THINGS

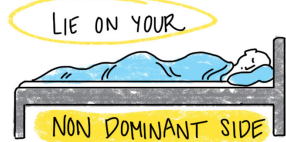
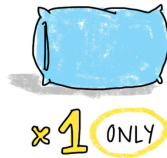
ONLY:



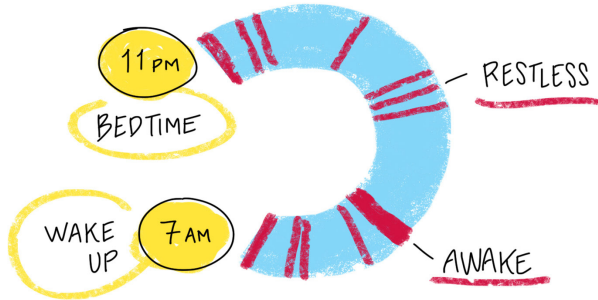
OR



OPTIMISE YOUR
SLEEPING POSITION

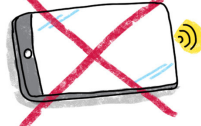


GET TO KNOW
YOUR
sleep cycle



BANISH THE
BLUE LIGHT!

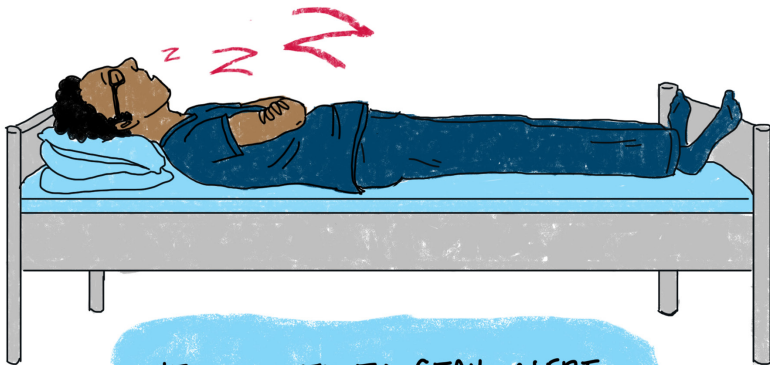
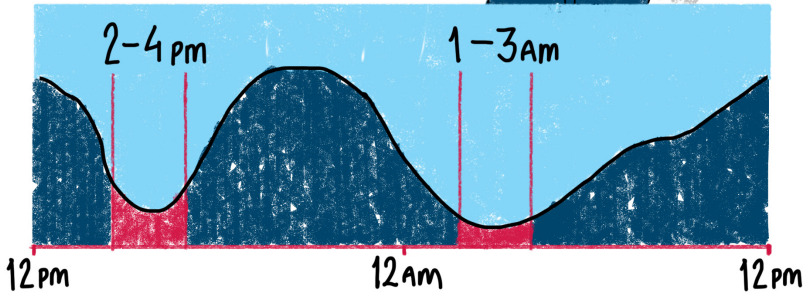
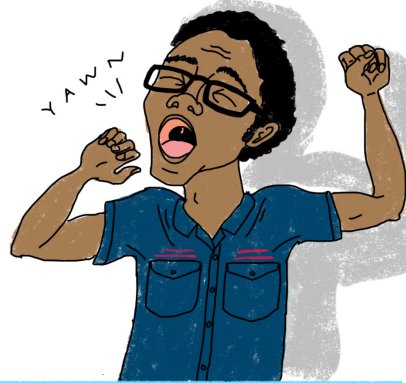
NO ELECTRONICS!



#6

STAY ALERT at work

KNOW YOUR
DIPPING POINTS



IF YOU NEED TO STAY ALERT,
PREPARE BY SLEEPING!

#7

Improve your DECISION MAKING

the WRAP model

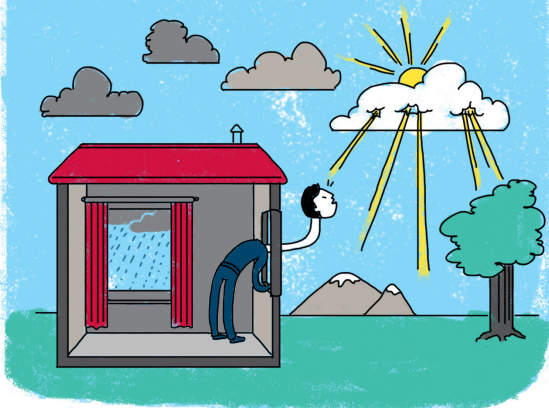
PRACTISE THIS!



WIDEN YOUR OPTIONS



REALITY TEST YOUR ASSUMPTIONS



How will I feel
about this in

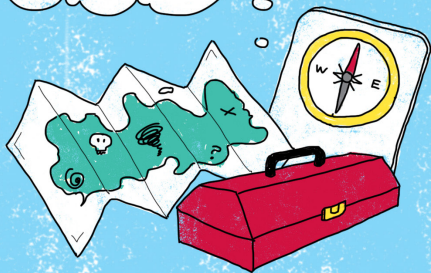
10

minutes?
months?
years?



ATTAIN SOME DISTANCE

How will I
cope?



PREPARE FOR FAILURE

#7

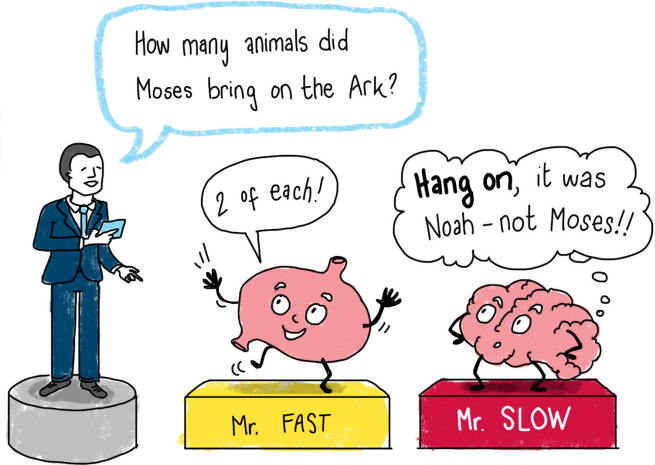
Improve your DECISION MAKING

PRACTISE THIS!

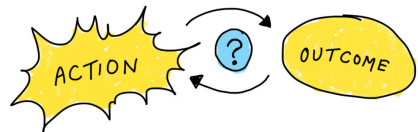


Be aware of how your brain can respond:

FAST
OR
SLOW



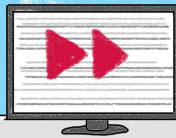
Use pre-mortems



ASSUME THE WORST HAS HAPPENED.



FAST FORWARD A MONTH AND LOOK BACK.



WOULD YOU HAVE DONE ANYTHING DIFFERENTLY HAD YOU KNOWN THE OUTCOME?



ASK FOR help

Don't be afraid to ask...



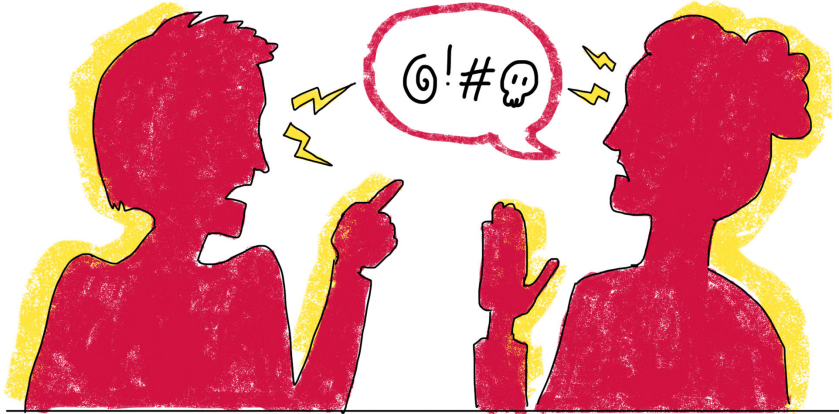
...and let go of the ego!



Use the expertise in the room

#9

LEARN TO DEAL WITH conflict



ANGER IS NOT A GOOD WAY TO DEAL WITH CONFLICT..



... INSTEAD, BE ASSERTIVE AND RESPECTFUL OF OTHERS

#10 DO PHYSICAL EXERCISE every day

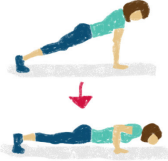
the 7-MINUTE workout



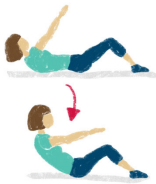
JUMPING JACKS



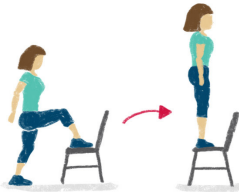
WALL SIT



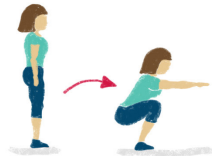
PUSH-UP



ABDOMINAL CRUNCH



STEP UP



SQUAT



TRICEPS DIP



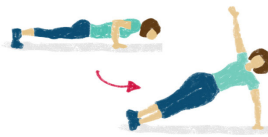
PLANK



HIGH KNEES RUNNING IN PLACE



LUNGE



PUSH UP & ROTATION



SIDE PLANK

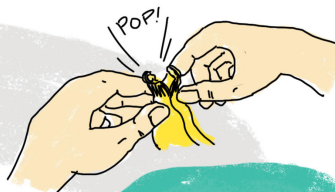
#11

LEARN something new REGULARLY

HOW To
peel
a
banana!



TAKE THE
BOTTOM END



SQUEEZE IT
WITH YOUR
FINGERS



PEEL BACK
—
VOILÁ!

ALSO CHECK:

HOW To
tie your
shoe laces



GO FIND OUT!

KEEP LEARNING



YOU DON'T KNOW WHAT YOU DON'T KNOW
AND YOU MAY NOT EVEN KNOW
WHAT YOU THINK YOU KNOW!



#12

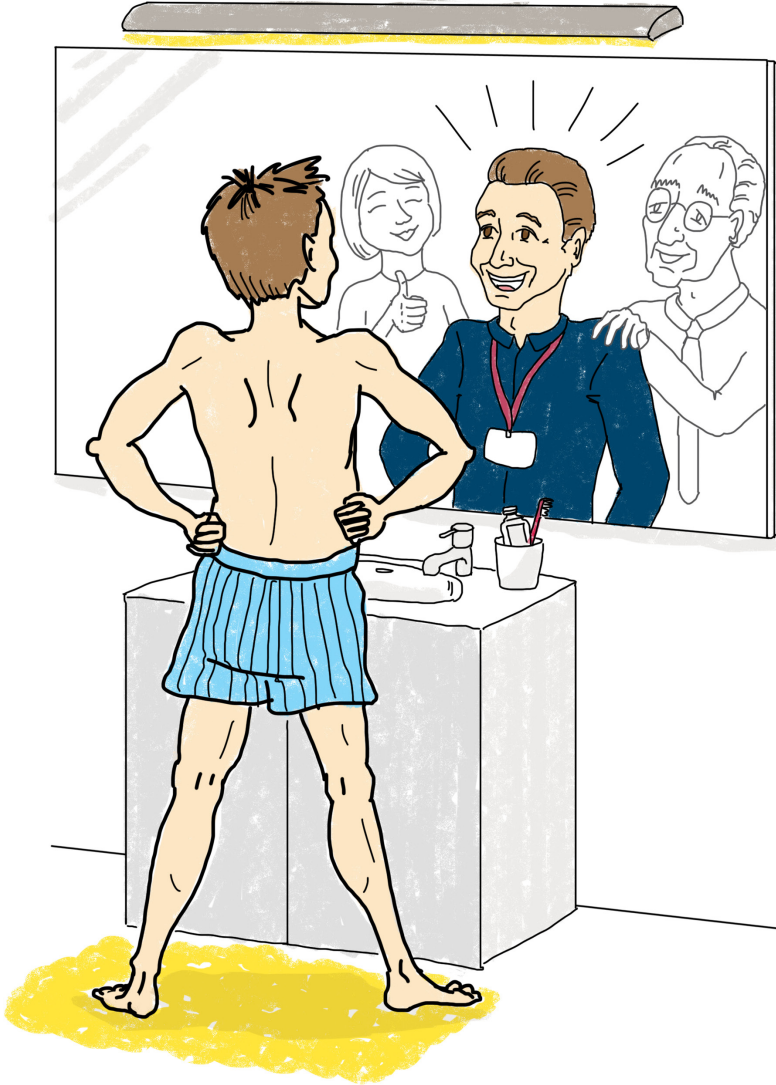
TAKE CARE OF yourself

(AND THOSE YOU WORK WITH — SO THEY CAN LOOK AFTER YOU!)



#13

Smile! & VISUALISE SUCCESS



References / Recommended Reading

CHANGE PERSPECTIVE

Duckworth, Angela (2016) *Grit*, Vermillion

OPTIMISM

<http://losada.socialpsychology.org/>

Seligman, Martin (2006) *Learned Optimism: How to Change Your Mind and Your Life*, Vintage Books USA

MANAGE STRESS

Cooper, Cary (2003) *Managing the Risk of Workplace Stress: Health and Safety Hazards*, Taylor & Francis Ltd

GRATITUDE DIARY

Emmons, R. A. & Stern, R. (2013) *Gratitude as a Psychotherapeutic Intervention*, *Journal of Clinical Psychology*, 69, 846–855.

MEDITATE

- Tan, Chade-Meng (2012) *Search Inside Yourself: Increase Productivity, Creativity and Happiness*, Collins
- Peters, Steve (2012) *The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness*, Vermillion

SLEEP

Littlehales, Nick (2016) *Sleep: The Myth of 8 Hours, the Power of Naps... and the New Plan to Recharge Your Body and Mind*, Penguin Life

DECISION MAKING

- Heath, Chip and Heath, Dan (2014) *Decisive: How to Make Better Decisions*, Random House
- Kahneman, Daniel (2011) *Thinking Fast and Slow*, Penguin

DEAL WITH CONFLICT

Harris, Thomas A. (1995) *I'm Ok, You're Ok*, Arrow Books

EXERCISE

Klika, B. & Jordan, C. (2013) *HIGH-INTENSITY CIRCUIT TRAINING USING BODY WEIGHT: Maximum Results With Minimal Investment*. *Acsms Health & Fitness Journal*, 17, 8-13.

LEARN

- Oakley, Barbara (2014) *Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra)*, Tarcher
- Ericsson, Anders (2016) *Peak: Secrets from the New Science of Expertise*, Bodley Head

TAKE CARE OF YOURSELF – HALT

Nance, John J. (2008) *Why Hospitals Should Fly: The Ultimate Flight Plan to Patient Safety and Quality Care*, Second River Healthcare Press

SMILE

<https://www.scientificamerican.com/article/the-mirror-neuron-revolut/>

DEVELOP FLOW

Kotler, Steven, (2014) *The Rise of Superman: Decoding the Science of Ultimate Human Performance*, Quercus

For further resources and reading visit:

<https://www.walesdeanery.org/new-initiatives/resilience-medtrim/mental-toughness-resources>

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