



# Baker's Dozen of Mental Toughness

*Your stress management and resilience toolkit*



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# Introduction

Medicine has become a battlefield. Low morale, intense workloads, decreasing resources, and exposure to trauma and high stress all mean healthcare and emergency services staff are under pressure like never before. This increasingly stressful work environment takes its toll on not only your health and personal life, but also your job performance.

This toolkit will provide you with a series of resources to increase and hopefully improve your resilience, strengthen your mental toughness and allow you to carry out your life to the best of your ability.

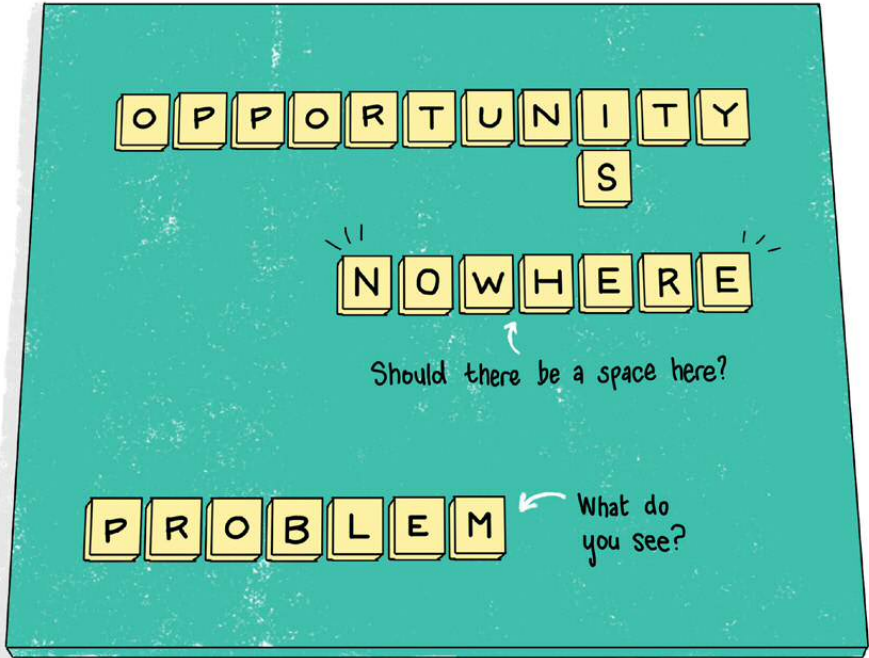
The skills outlined are easy to learn but for them to be useful to you, **you must practise** and practise until they become a habit embedded in the way you behave. Used regularly these tools will optimise your performance under pressure, enhance your life both at work and home and enable you to function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

**It will be worth it.**



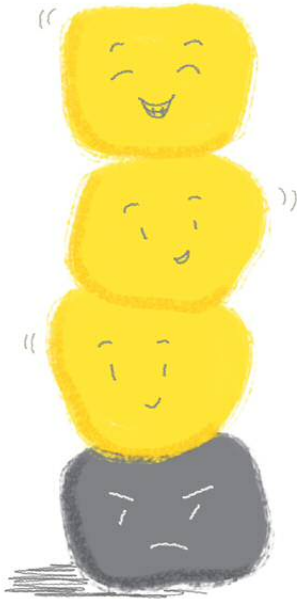
#1

# CHANGE perspective



#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 ~



~ authentic connections ~  
RELATIONSHIPS



~ purposeful existence ~  
MEANING



~ a sense of accomplishment ~  
ACHIEVEMENT



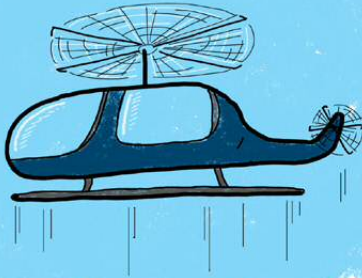


# #3 Become a STRESS MANAGEMENT EXPERT

## part 1: the HELICOPTER TECHNIQUE



IMAGINE FLYING UP...



... AND LOOKING DOWN ON YOUR SITUATION.



IN YOUR 0-80 LIFESPAN,



HOW IMPORTANT WAS  
THAT INCIDENT?

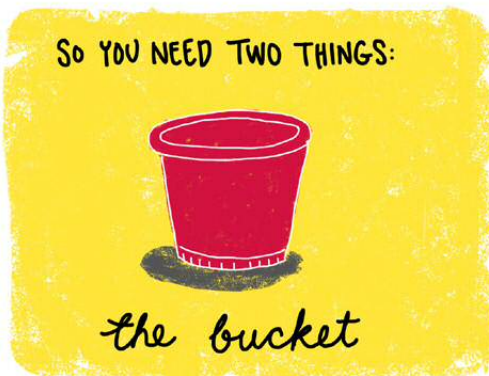
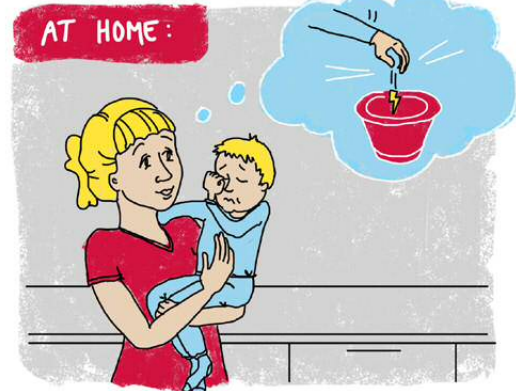
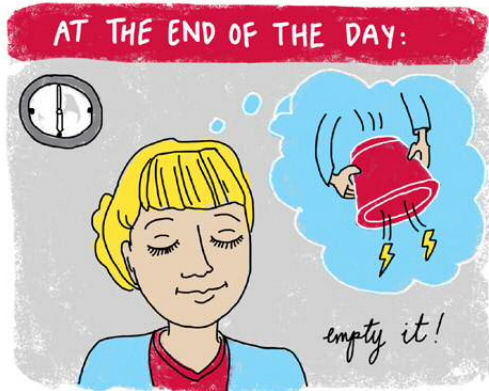
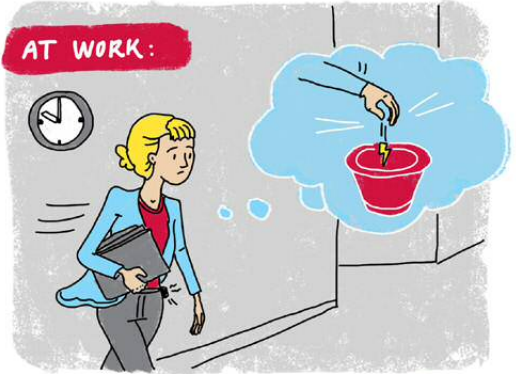




#3

# Become a STRESS MANAGEMENT EXPERT

part 2: the STRESS BUCKET



#4

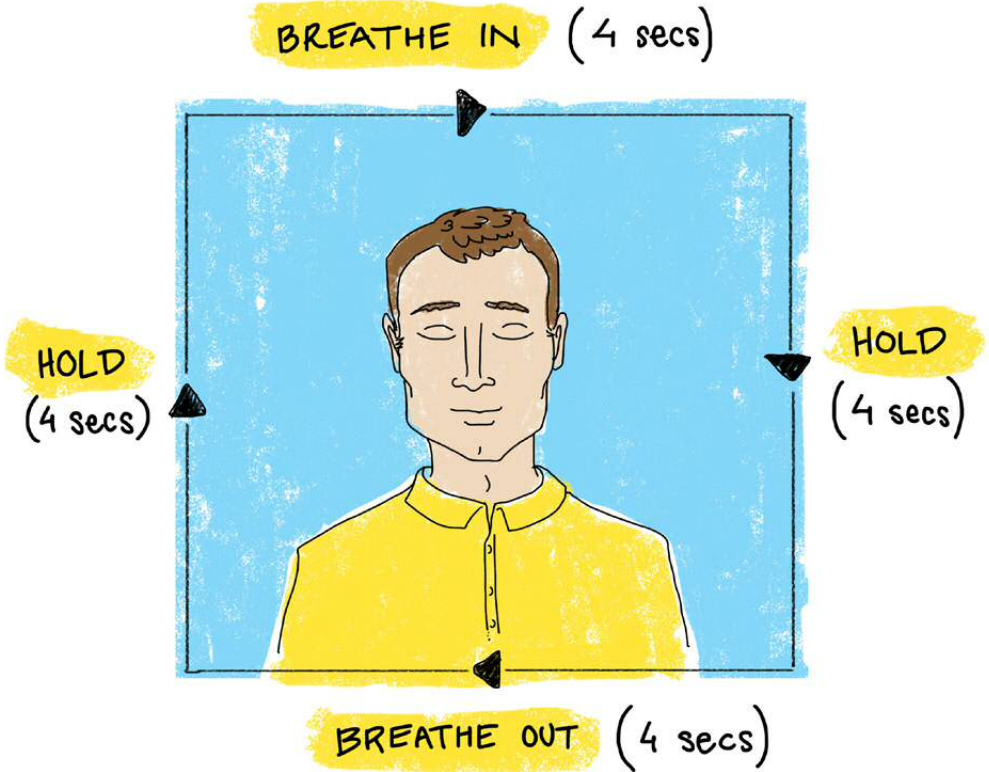
## KEEP A gratitude DIARY



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

#5

## TAKE A BREAK TO *meditate*



*box breathing*



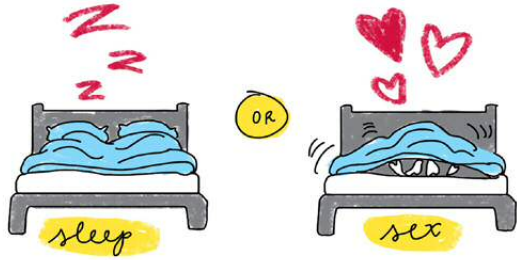
#6

# GET BETTER sleep

AT HOME

USE YOUR BEDROOM  
FOR TWO THINGS

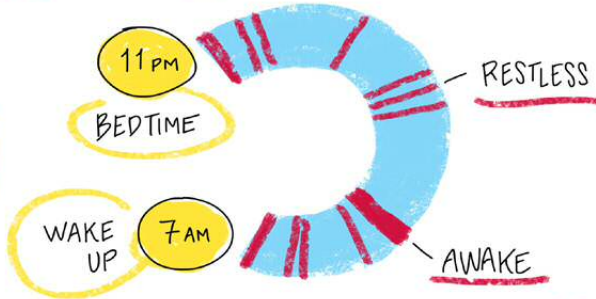
ONLY:



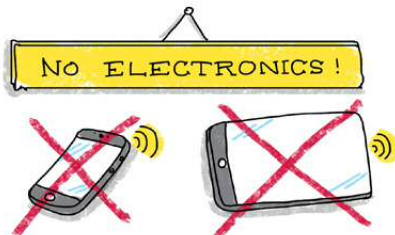
OPTIMISE YOUR  
SLEEPING POSITION



GET TO KNOW  
YOUR  
sleep cycle



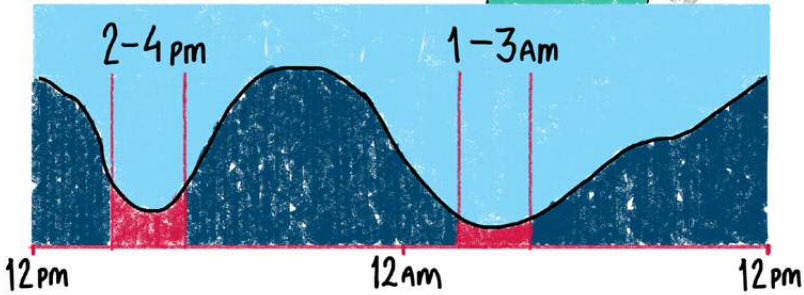
BANISH THE  
BLUE LIGHT!



#6

# STAY ALERT at work

KNOW YOUR  
DIPPING  
POINTS



IF YOU NEED TO  
STAY ALERT,  
FIND TIME TO  
HAVE A QUICK  
*nap.*





#7

# Improve your DECISION MAKING

the WRAP model

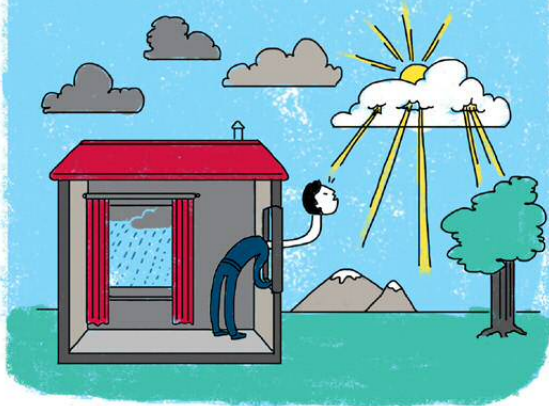
PRACTISE THIS!



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

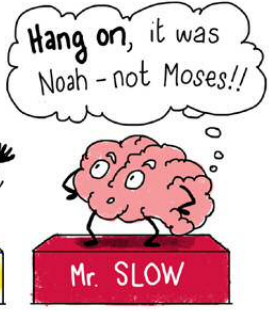
# Improve your DECISION MAKING

PRACTISE THIS! 

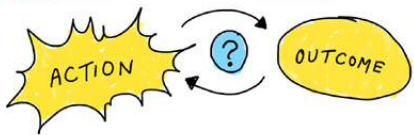
Be aware of how your brain can respond:

**FAST**  
OR  
**SLOW**

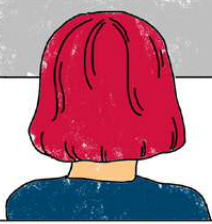
How many animals did Moses bring on the Ark?



## 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!

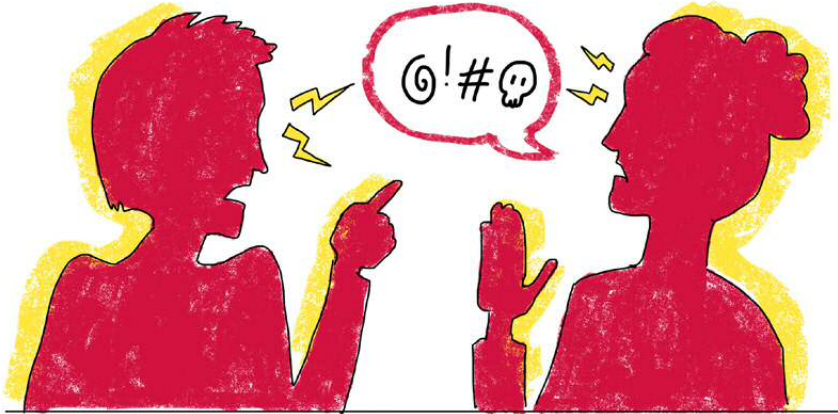


Use the expertise in the room

#9

## LEARN TO DEAL WITH conflict

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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



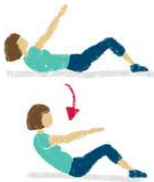
JUMPING JACKS



WALL SIT



PUSH-UP



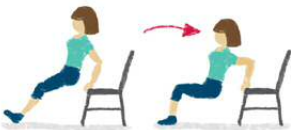
ABDOMINAL CRUNCH



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!



# TAKE CARE OF yourself

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





#13

# Smile! & VISUALISE SUCCESS

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# 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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*Engaging your talent*



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