

Mental Fitness for Managing the Pressures of Covid 19



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A stack of white plates with a ribbed rim, viewed from a slightly elevated angle. The top plate is in sharp focus, showing its circular shape and the texture of the rim. The plates below it are slightly out of focus, creating a sense of depth. The background is a plain, light color.

**What pressures are
on your plate?**

Please type in chat box

OUTCOMES

What is
pressure?

What are the
effects?

3 Mental Fitness
strategies to
deal with
pressure

POLL #1

Do you have more pressure now
than before Covid 19?



Stress?



Pressure?

3 ATTRIBUTES OF PRESSURE

1

Outcome is important to you

2

Outcome is not certain

3

You feel you are responsible & are being judged on the outcome



Effects of Pressure

Behavior Changes

Impaired Decisions/Mistakes

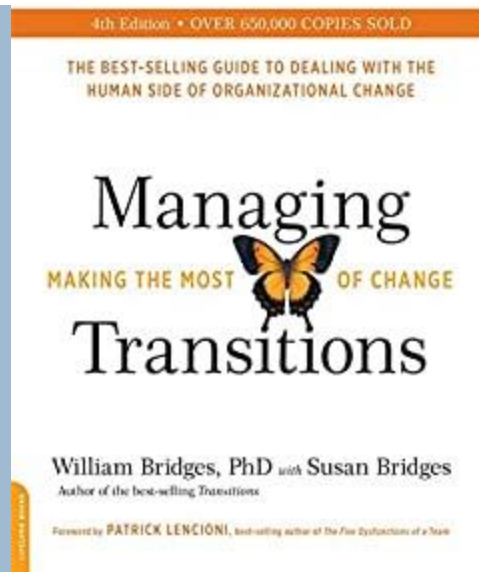
Painful Emotions

MENTAL FITNESS

PRESSURE STRATEGY 1: UNDERSTAND TRANSITIONS

Change

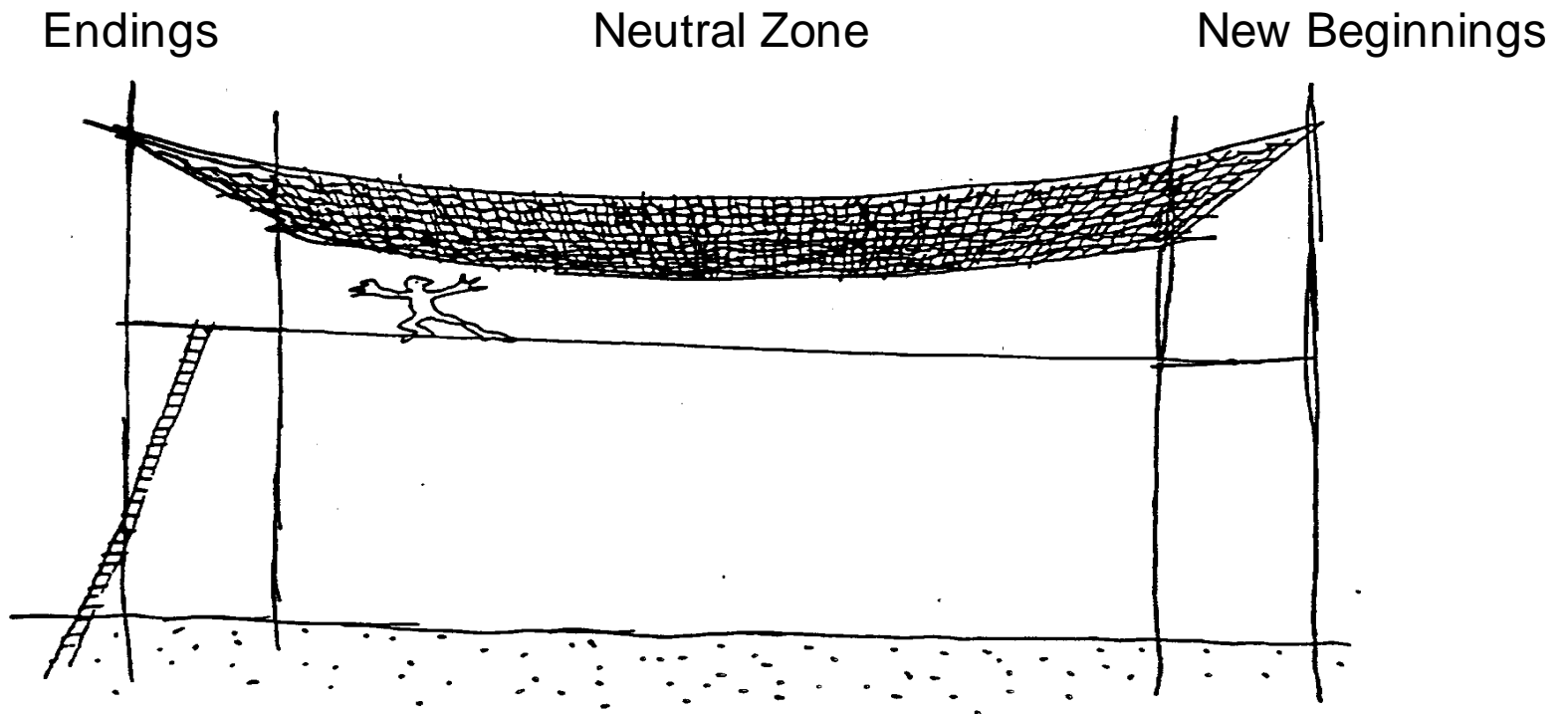
- Situational
- Concrete
- External
- Ending

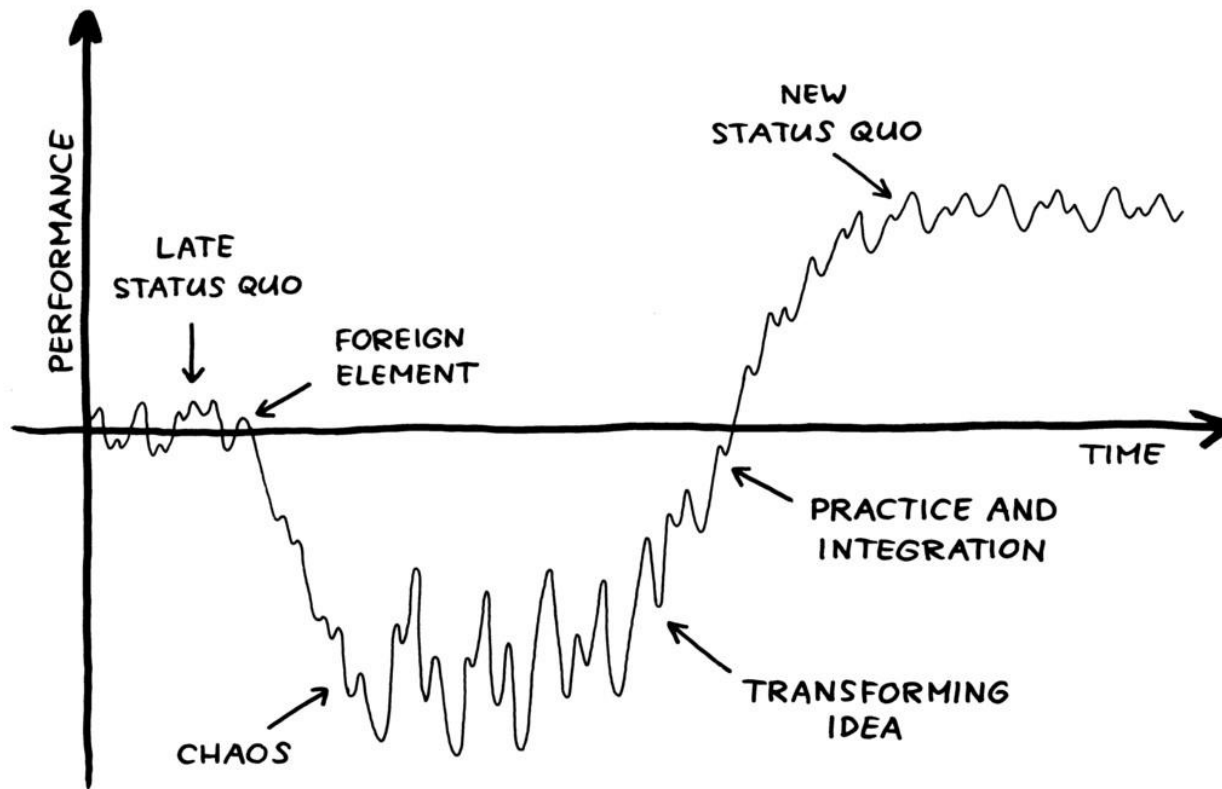


Transition

- Psychological
- Diverse
- Internal
- Starts with end

It's like being between 2 trapezes





Ending

Loss
Shock
Denial
Anger

Neutral Zone

Fear
Confusion
Distraction
Acceptance
Innovation

New Beginning

Hope
Skepticism
Renewal

POLL #2

**What stage of transition
are you in regarding a
current change in your life
or business?**

Manage the Pressure of Endings

- Identify what you/people are losing – identity, relationships, security
- Identify what has not ended
- Understand it may be emotional
- Be empathetic with others and yourself



Manage the Pressure of Neutral Zone



- In-between time when the old is gone but the new isn't fully operational
- State of flux evokes feelings of confusion, frustration, low motivation and distraction
- Workload may increase
- You/people are creating new processes
- The seedbed for creativity, innovation and new beginnings

PRESSURE METER

On scale of 1-10, what is the most important thing
I should be doing right now?



Less Important

Very Important

Manage the Pressure of New Beginnings

- Begin to embrace the new normal
- Release of energy in a new direction
- Emotions range from ambivalence and skepticism to hope, openness and renewed commitment
- Well-managed transitions provide people with new sense of **purpose**, the **part** they play in the **plan**, and how to **participate** most effectively



WHAT DO THESE PEOPLE HAVE IN COMMON?
PLEASE PUT IN CHAT



MENTAL FITNESS

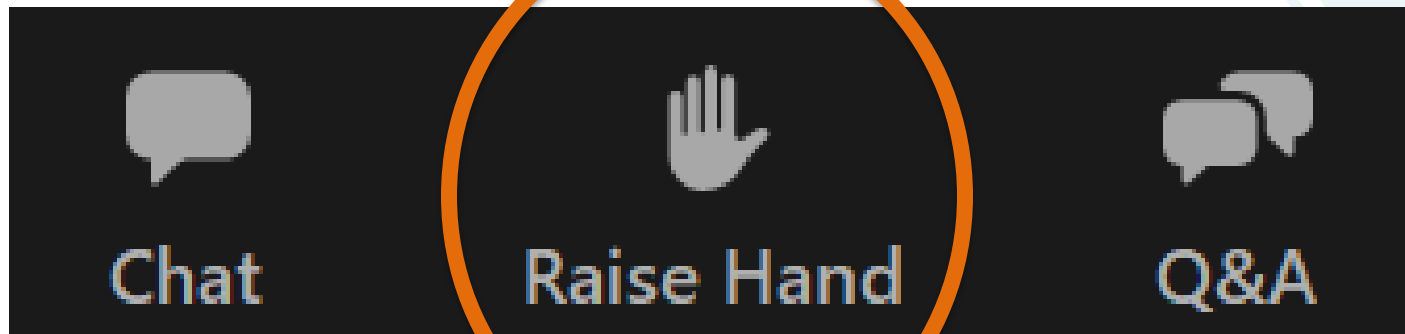
PRESSURE STRATEGY 2 – MORNING RITUAL



“If you win your morning, you win your day.”

POLL #3
Do you have a Morning Ritual?

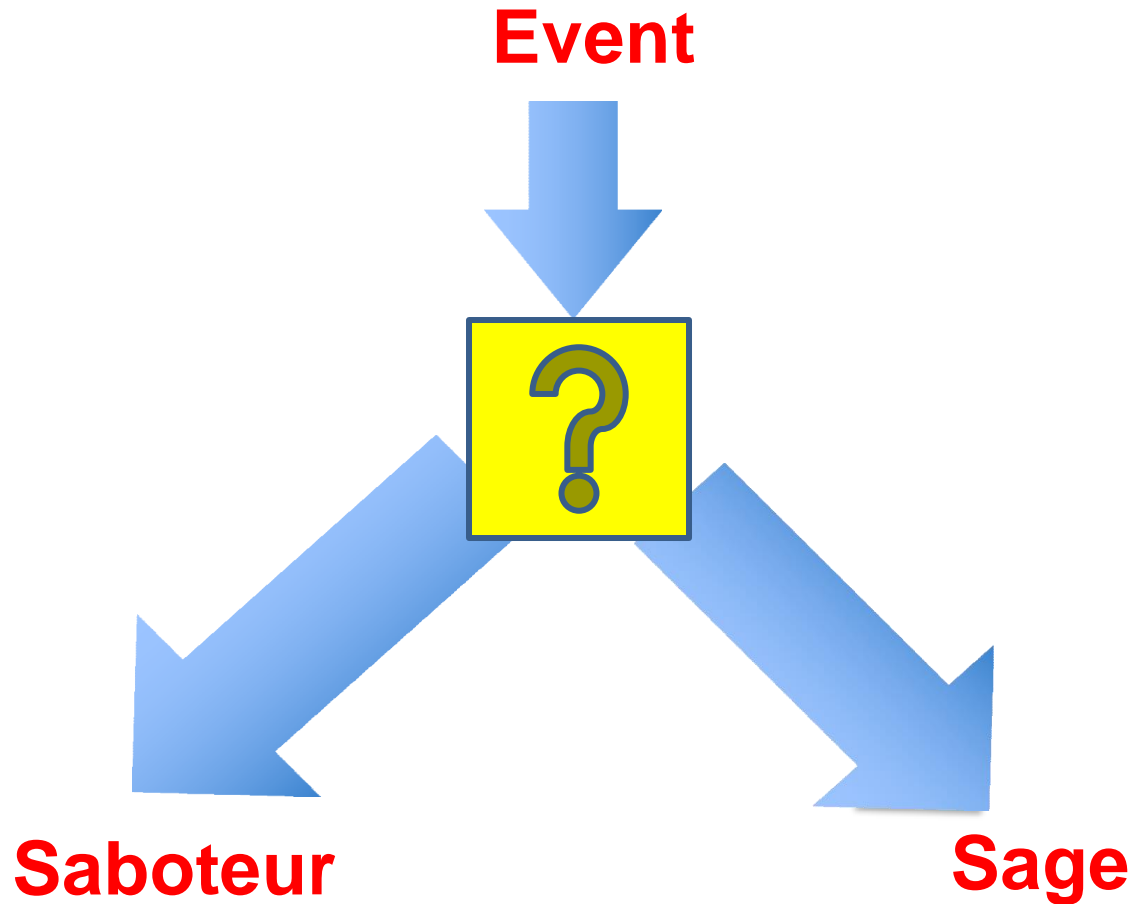
What is your morning routine?



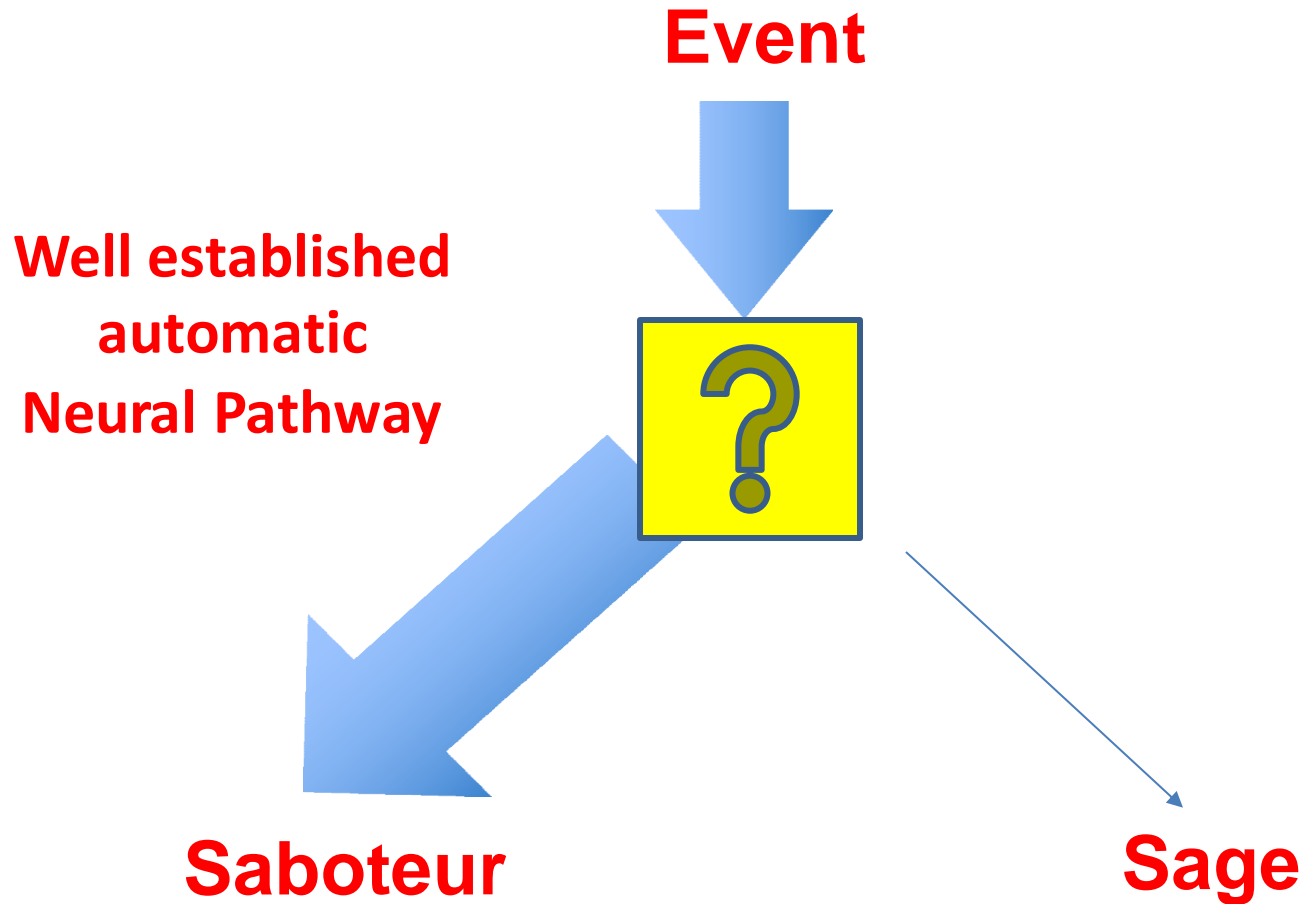
MENTAL FITNESS
PRESSURE STRATEGY 3
TAME THE BATTLE WITHIN YOUR MIND



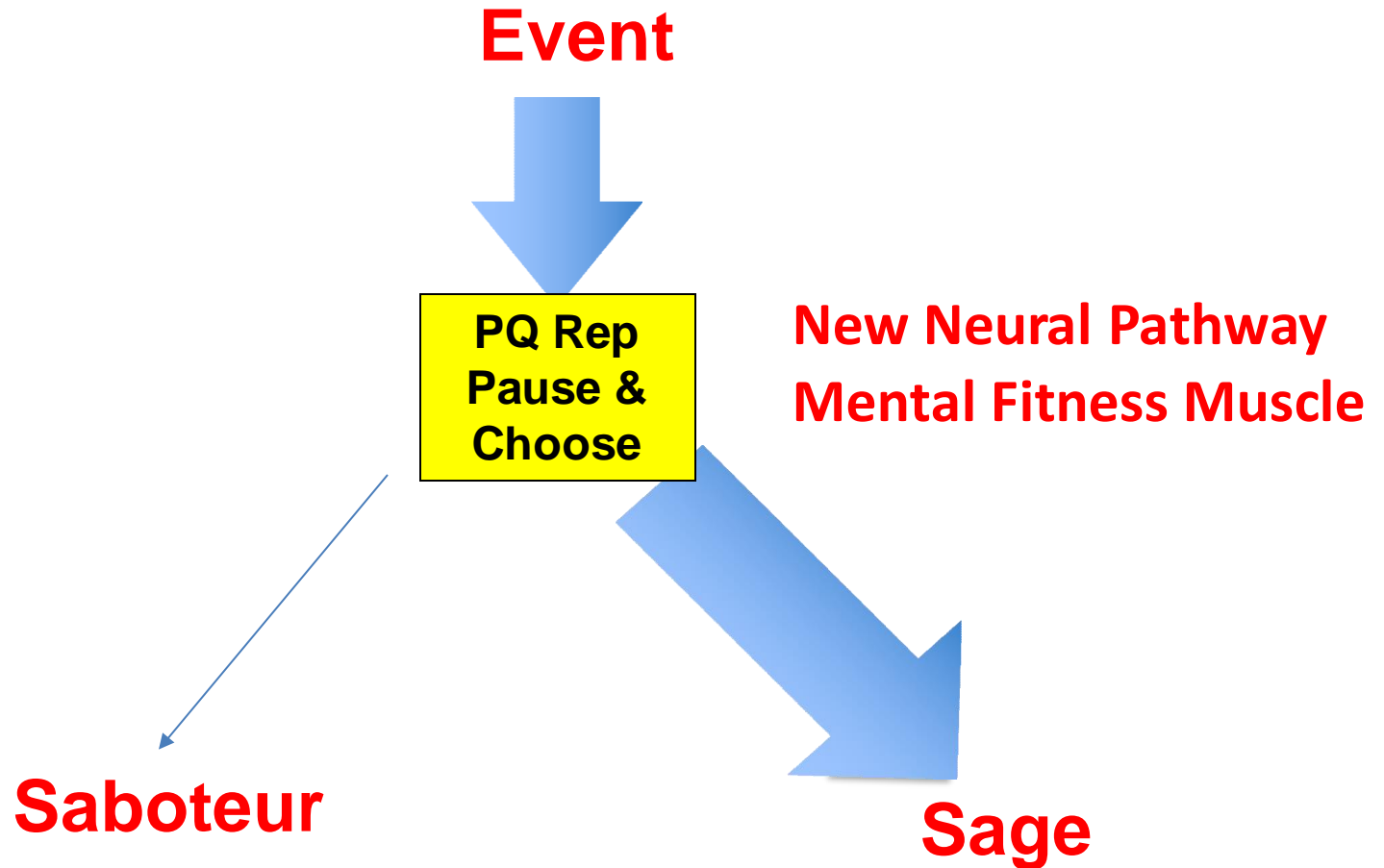
Neuroscience of Habit Formation



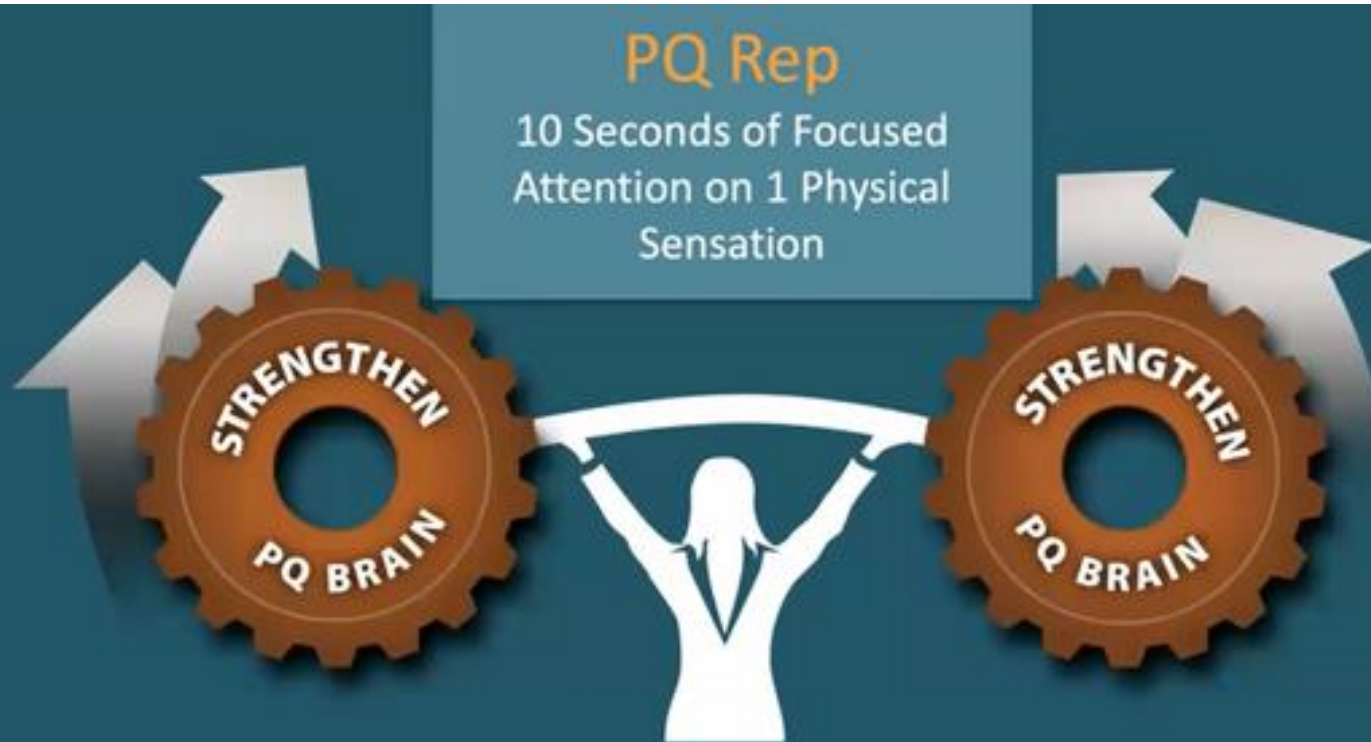
Neuroscience of Habit Formation



Neuroscience of Habit Formation



Neuroscience of Habit Formation



Impact of Improving

Sage

Saboteurs




Teams
Perform
31%
BETTER



Salespeople
sell
37%
MORE



Live **10**
YEARS
LONGER



3X
CREATIVE

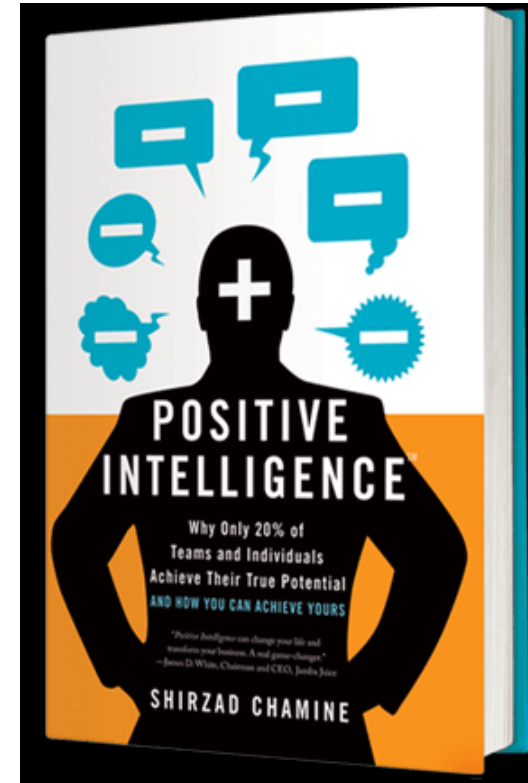


+
HAPPIER

Source: Multiple Researchers' Data – Chapter 1 of Positive Intelligence

Mental Fitness Bootcamp

- My gift to first 2 who contact me
- 6-week program based on research & neuroscience
- Support, videos and customized app
- Interested? Contact me at Pam@coachforsuccess.com




IN REVIEW

What is
pressure?

What are the
effects?

3 Mental Fitness
strategies to
deal with
pressure



**What did you take away
about Mental Fitness
strategies to deal with
pressure?**

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