

**Train your brain:  
Mental toughness masterclass on  
how to build your resilience and  
positive attitude**

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## What is MENTAL TOUGHNESS?

It is about being ....

- The best that you can be
- Comfortable in your own skin  
and
- Accepting that life can be  
challenging but that it is full of  
opportunities as well as threats
- Dealing with stress, pressure  
and change





**Do you know anybody who is mentally tough?**



## What is MENTAL TOUGHNESS?

“A *personality trait* which determines in *large part* how people deal with challenge, opportunity, stressors and pressure ....  
*irrespective of circumstances*”

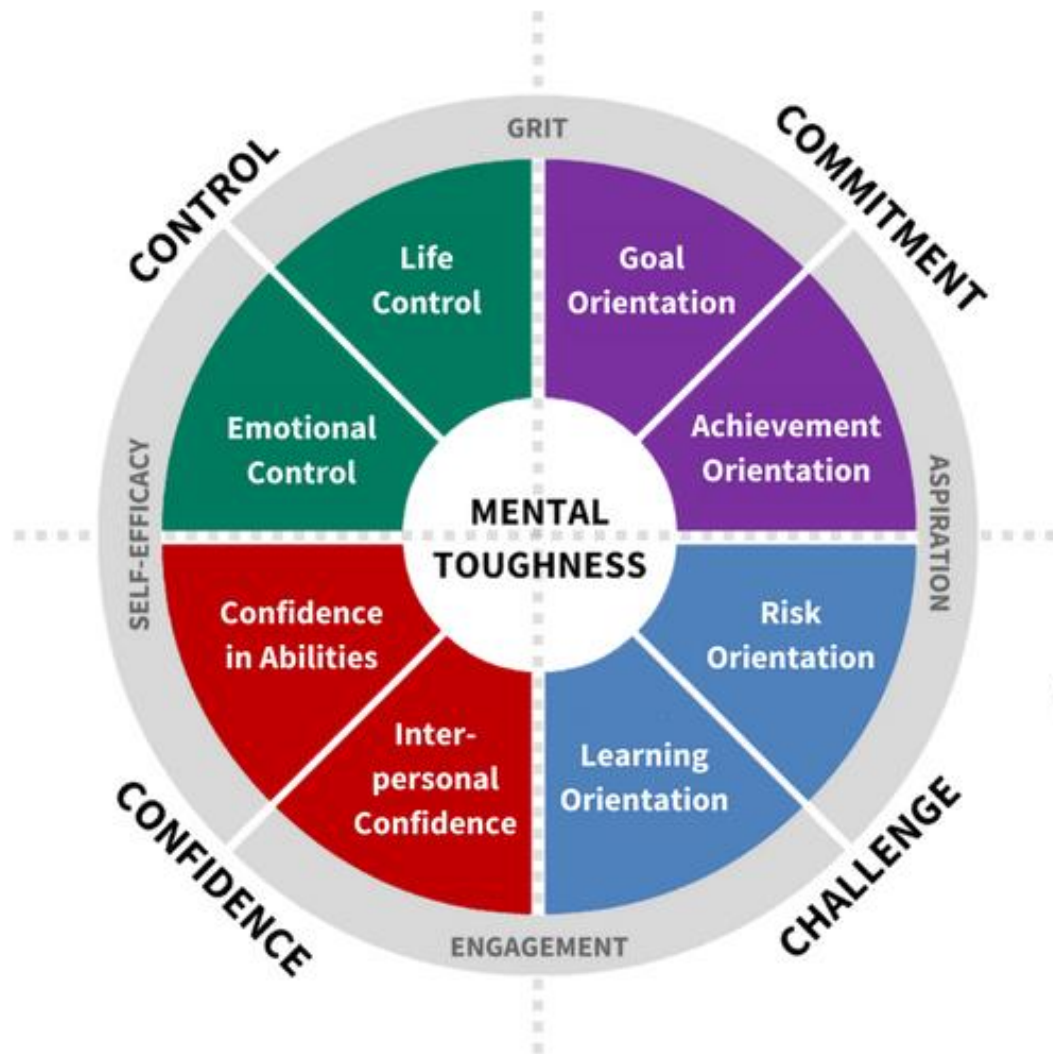


# Do you take care of yourself”

## Do you:

- Eat healthy?
- Exercise?
- Do medical check-ups?
- Take care of your health?
- Take care of your mental health?





# Ask yourself:

- **Control**

- **Life control:** What is in your control now? What can you do regarding this situation? What do you need to accept?
- **Emotional control:** What are your emotions telling you? What can you do about it?

- **Commitment**

- **Goal orientation:** What is your goal now? What do you stick to?
- **Achievement orientation:** What is in the end of this road for you?

- **Challenge**

- **Risk orientation:** How do you cope with change?
- **Learning orientation:** What your earlier experience can be useful now?

- **Confidence**

- **Interpersonal confidence:** Where can you seek support? Who can you count on?
- **Confidence in abilities:** What do you know that will help you go smoothly?

# Control

## Emotions:

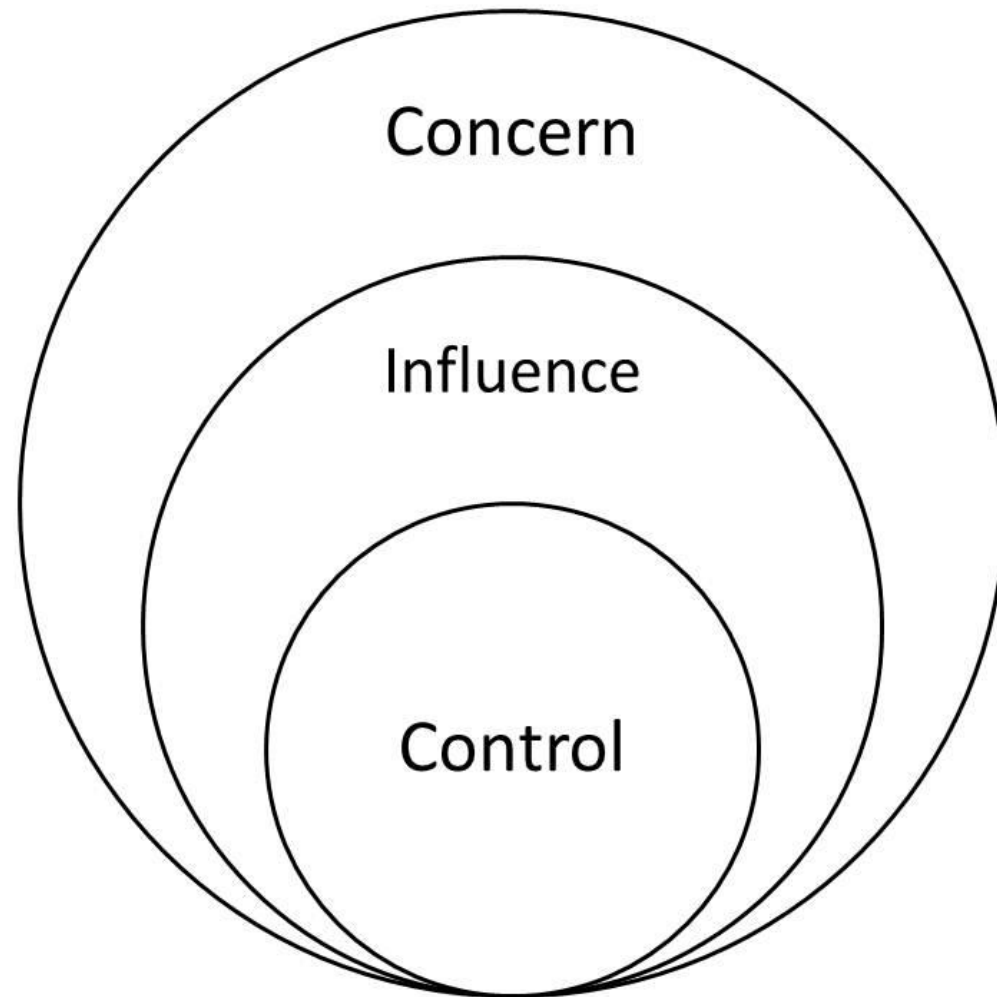
- Write down your emotions: what do they tell you? What can you do with this information?
- Worry but act, look for solutions towards your worries
- Sleep, meditate, pray, breath



## ➤ Life control:

- Make a list: things that you still control, things that you still influence, things you need to accept
- At the end of the day write the list of 3 things that you achieved that day. Do it every day, read once a week





# Commitment



## Goals:

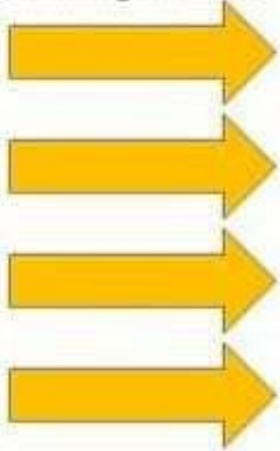
- Write down your goals for these difficult times. What do you want to do? What to achieve?
- Write down goals for every day and start your day with it. At the end of the day check it up
- Learn to cut your goals into small achievements

## Achivment orientation

- Prepare Force Field Analysis for each goal, prepare yourself for what may can wrong. Be ready.
- Praise yourself, reward yourself for your achievements

## Force Field Analysis

Driving Forces



Vision  
Plan/  
Goal:

Restraining Forces



# Who are you?



# Challenge

## Risk orientation

- Examine your attitude towards this situation. Are you a Critic? Are you a Victim? Are you a Passive Observer? Or... are you a Navigator?
- Accept Critic, Victim and Observer within you but move toward Navigator – seek solutions.
- What do you need, to go through the change? Find it, buy it, ask for it.

## Learning from experience

- Think how your previous experience might help you in this situation?
- What do you know so far?
- What did you do last week that was helpful and what do you want to adjust?



# Confidence

## Confidence in relations:

- Who brings you comfort?
- Who can you count on?
- Appreciate your support group
- How can you upgrade your online contact with your friends?

## Confidence in abilities

- What knowledge can you use to improve your situation?
- What resources can you use?
- How can you rely on yourself?



# Village of support



SYLWIA





**Thank you 😊**

Do you have any questions?

You can always find me:

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