



HUD

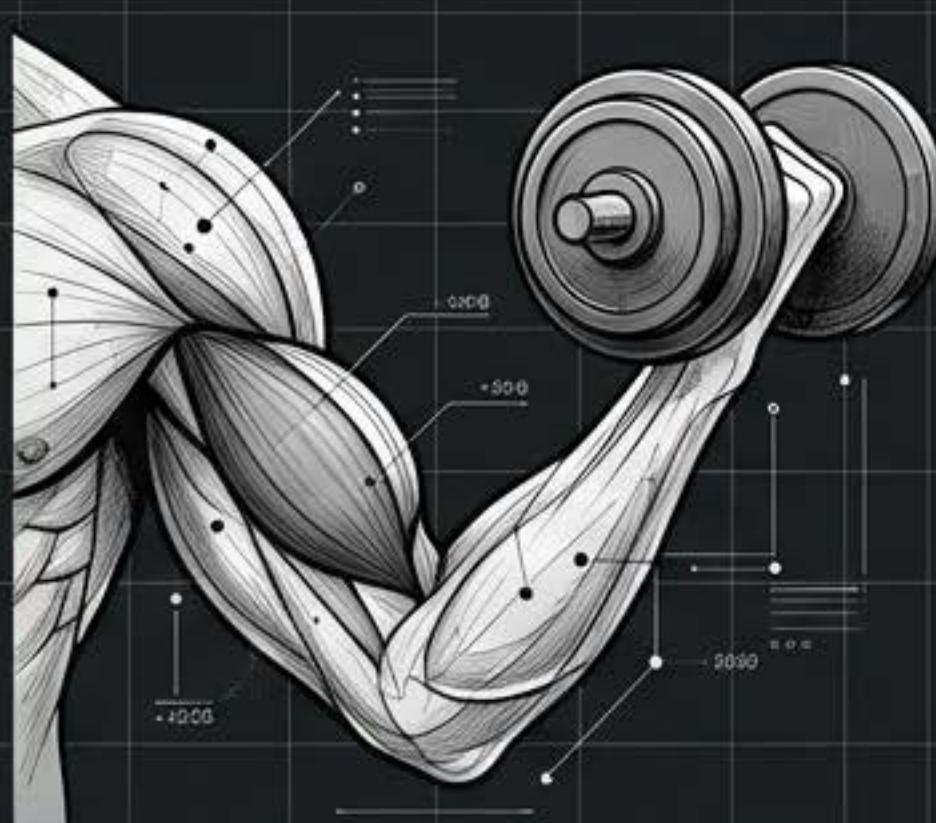
HR: 62 // STATE: READY

MASTERING THE PERFORMANCE STATE

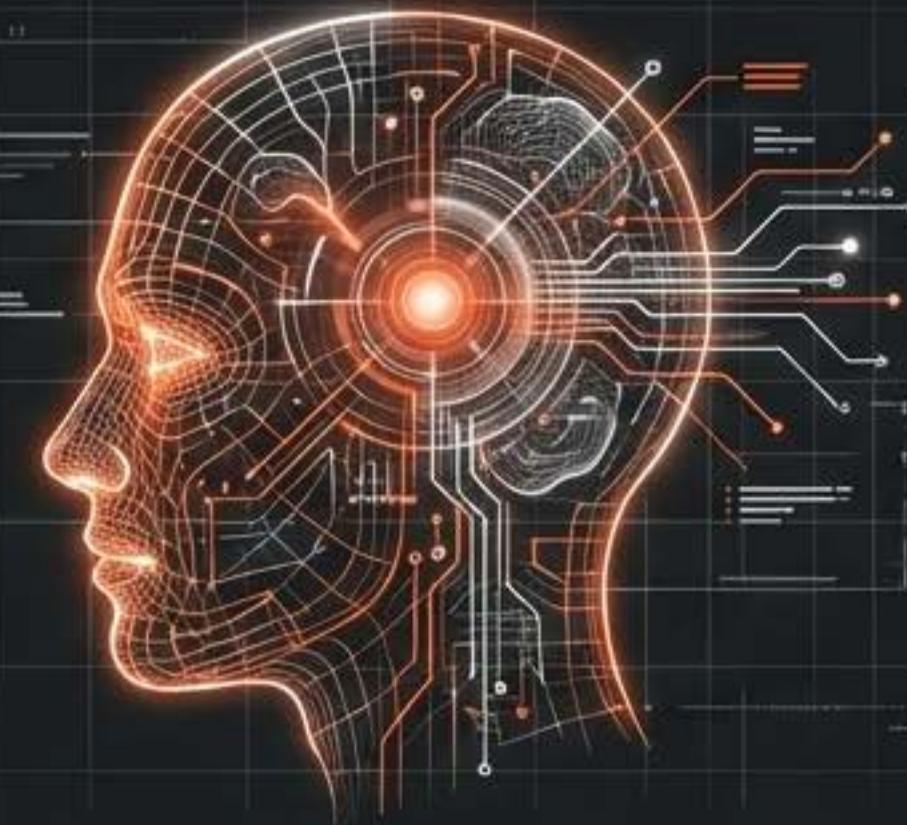
The Foundation of Mental Fitness (REC1050)

PHASE 1: THEORY

PHYSICAL FITNESS



MENTAL FITNESS



The ability to regulate psychological and physiological states to meet the demands of the environment.



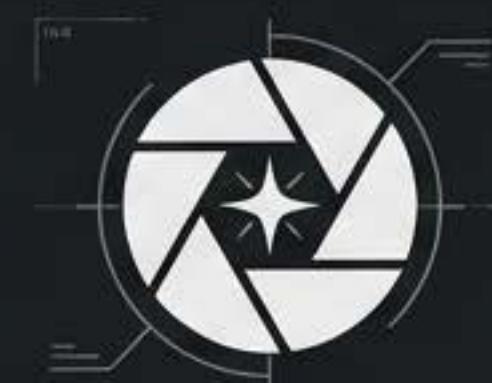
Consistency



Resilience



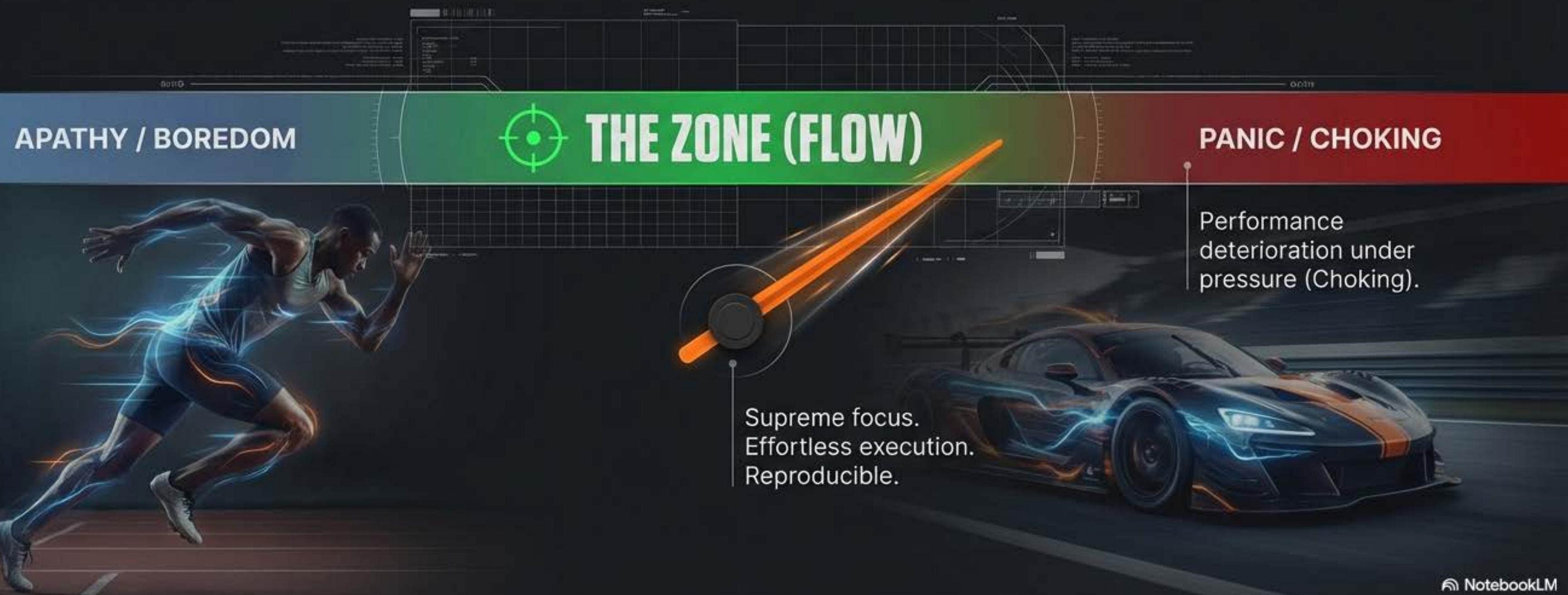
Persistence



Focus

THE DESTINATION: IDEAL PERFORMANCE STATE (IPS)

PERFORMANCE STATE



MOTIVATION: THE SPARK

INTRINSIC FUEL



Internal Drive, Mastery,
Love of Game.
Sustainable.

EXTRINSIC BOOST



Rewards, Status, Praise.
High Burnout Risk.



KEY PREDICTOR OF PERSISTENCE

STEERING WITH S.M.A.R.T. GOALS

S
M
A
R
T

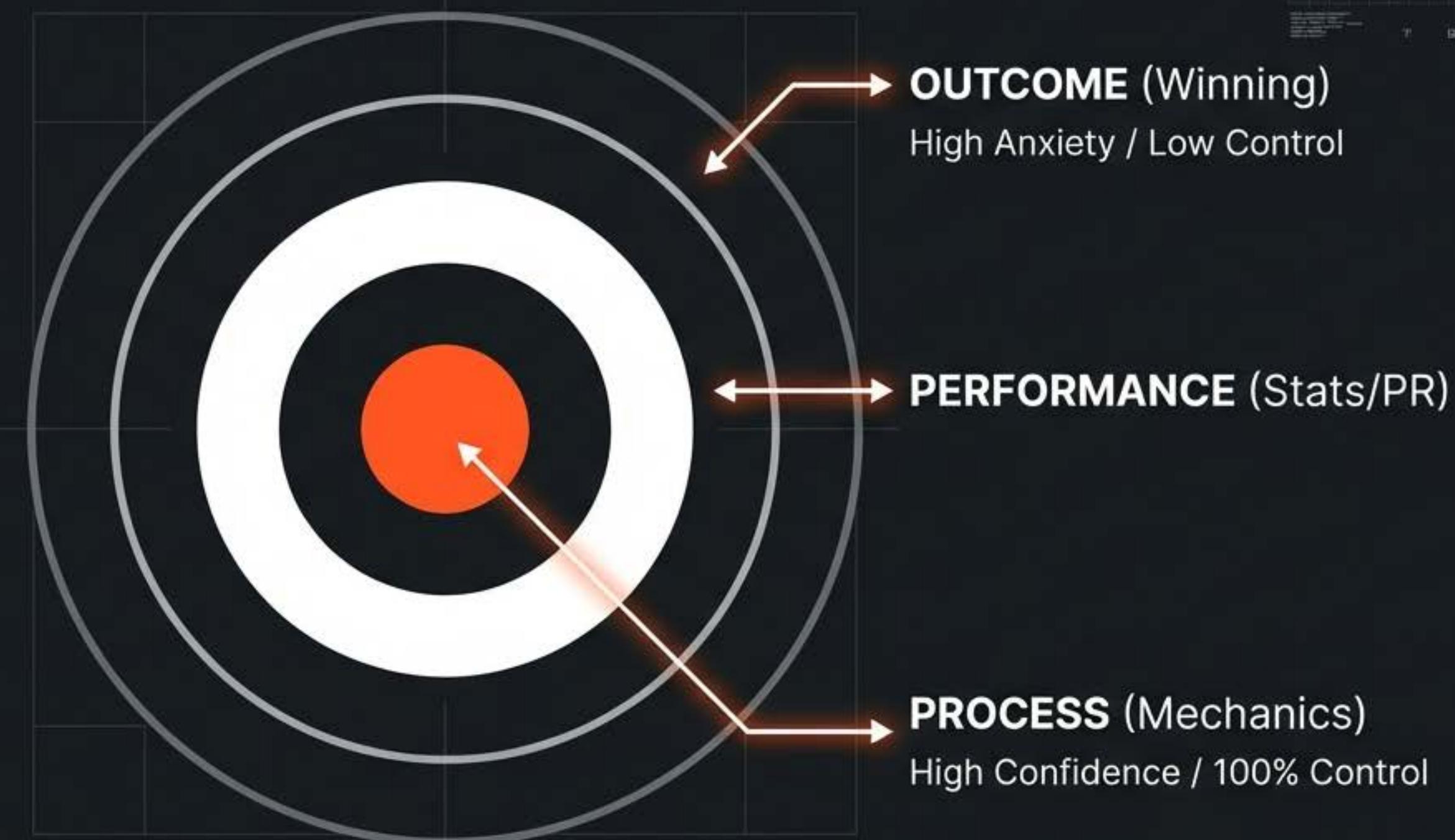
Specific

Measurable

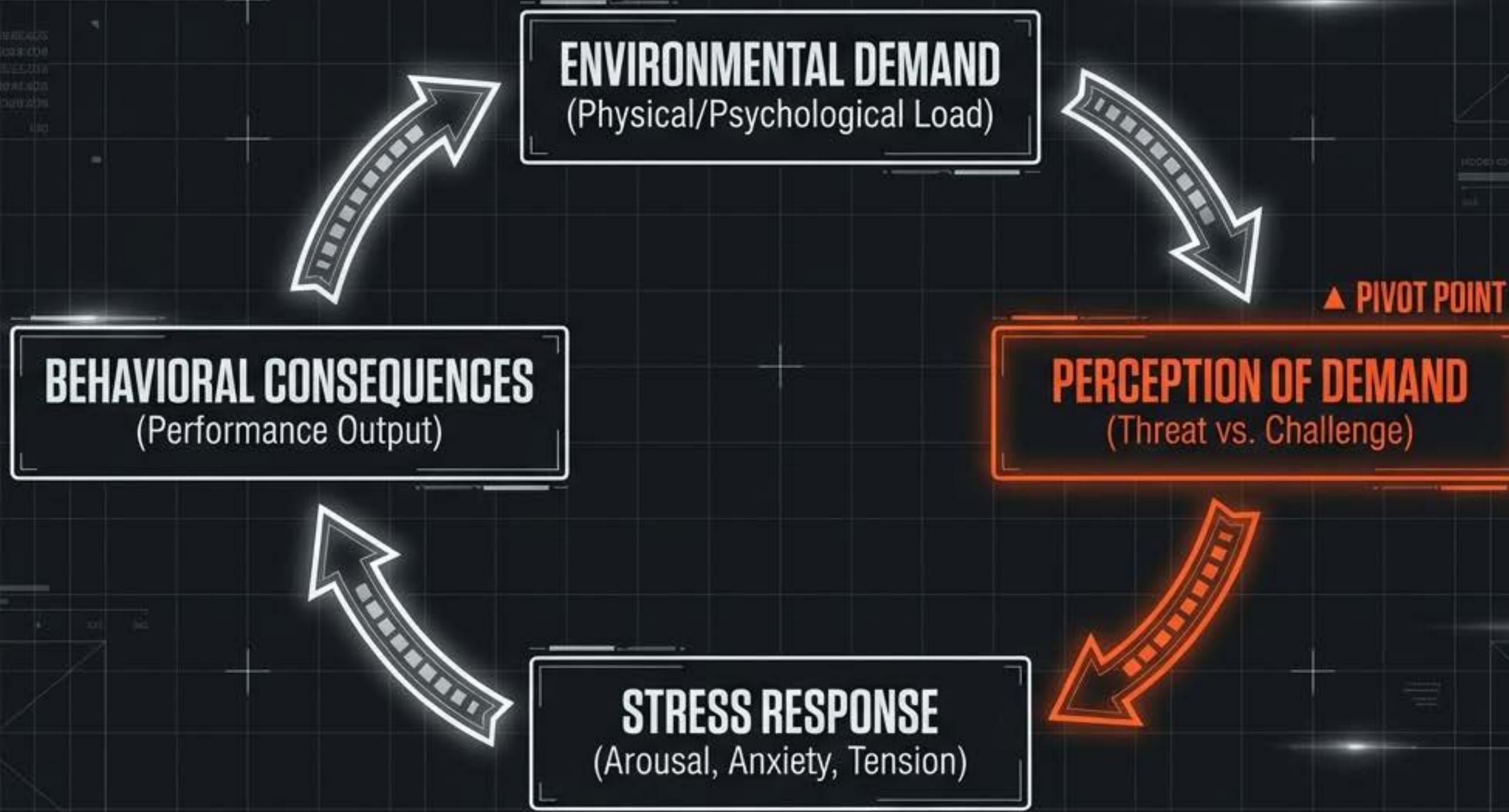
Achievable

Relevant

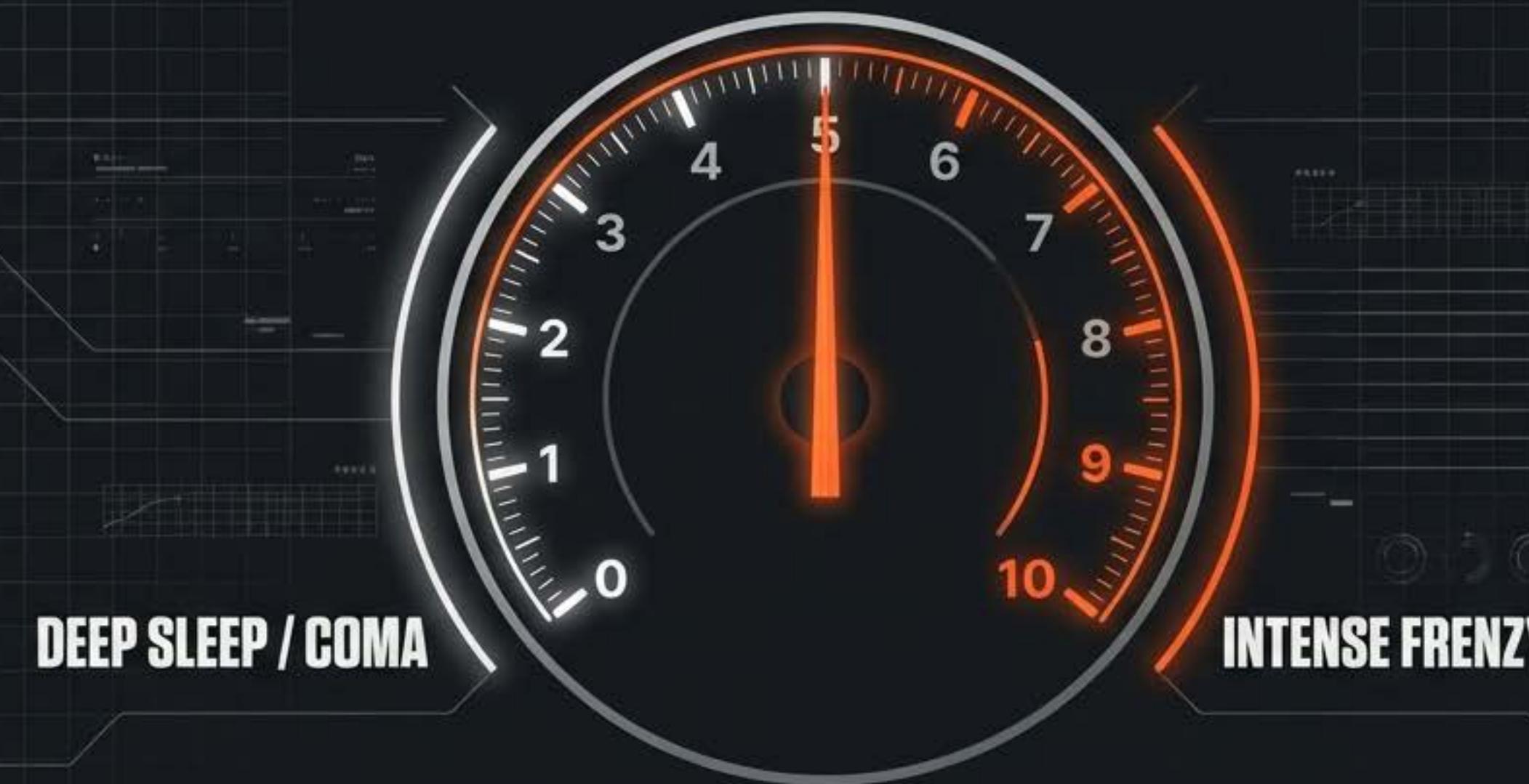
Time-bound



THE STRESS PROCESS LOOP



AROUSAL: THE ENERGY CONTINUUM



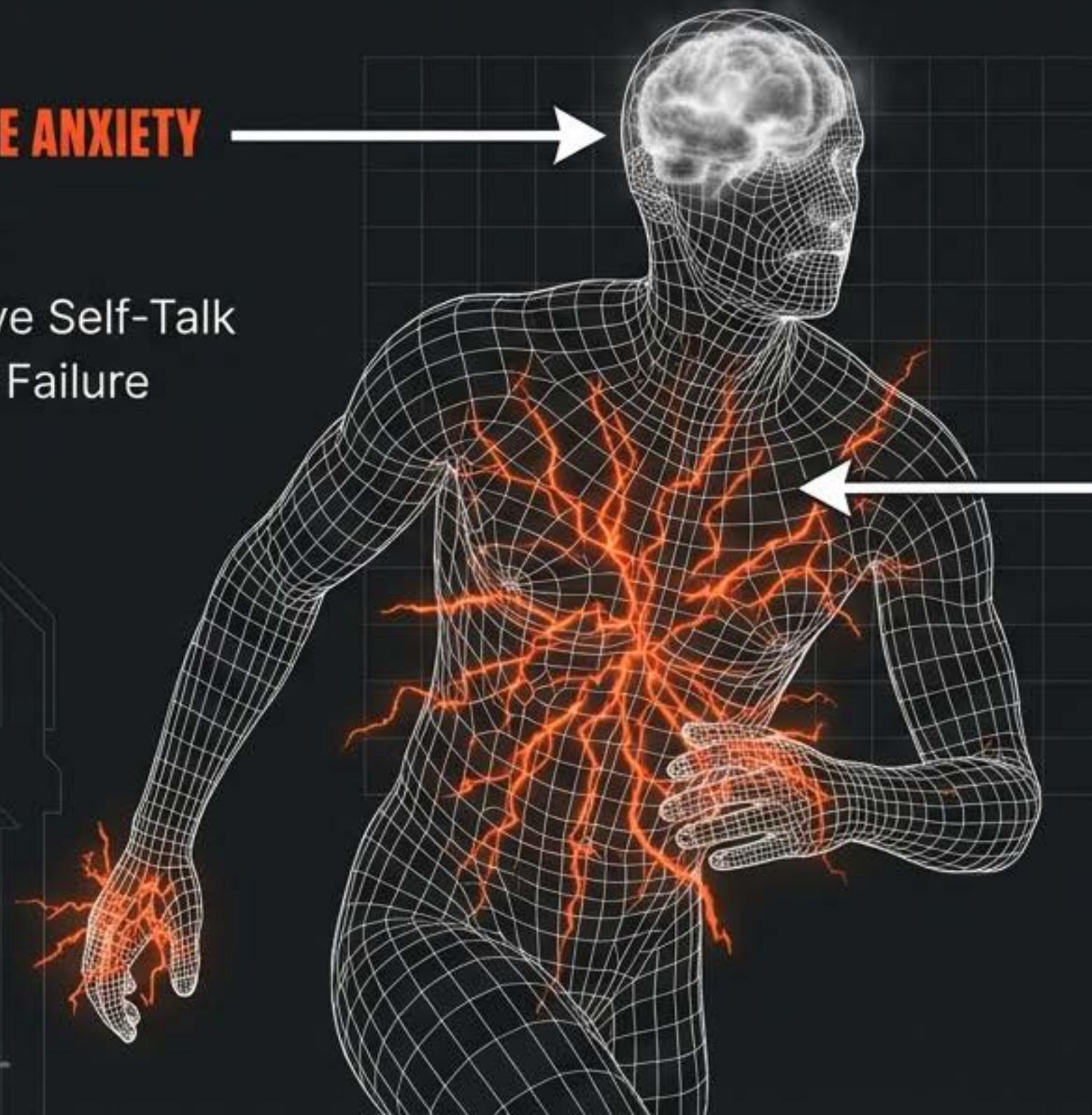
Arousal is neutral energy. It is a blend of physiological and psychological activation.

ANXIETY: COGNITIVE VS. SOMATIC

COGNITIVE ANXIETY

(Mental)

- Worry
- Negative Self-Talk
- Fear of Failure



SOMATIC ANXIETY

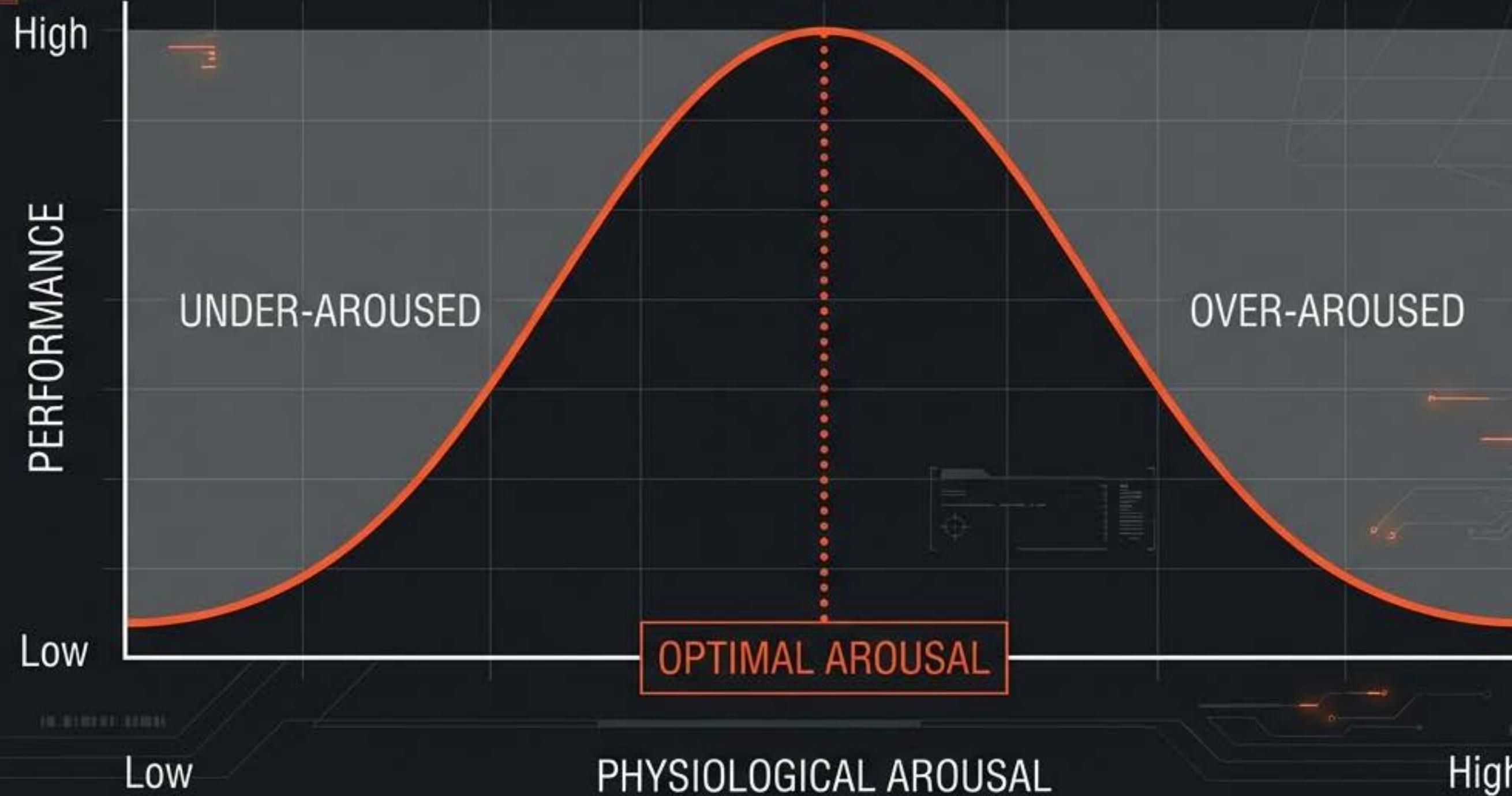
(Physical)

- Butterflies
- Racing Heart
- Sweating

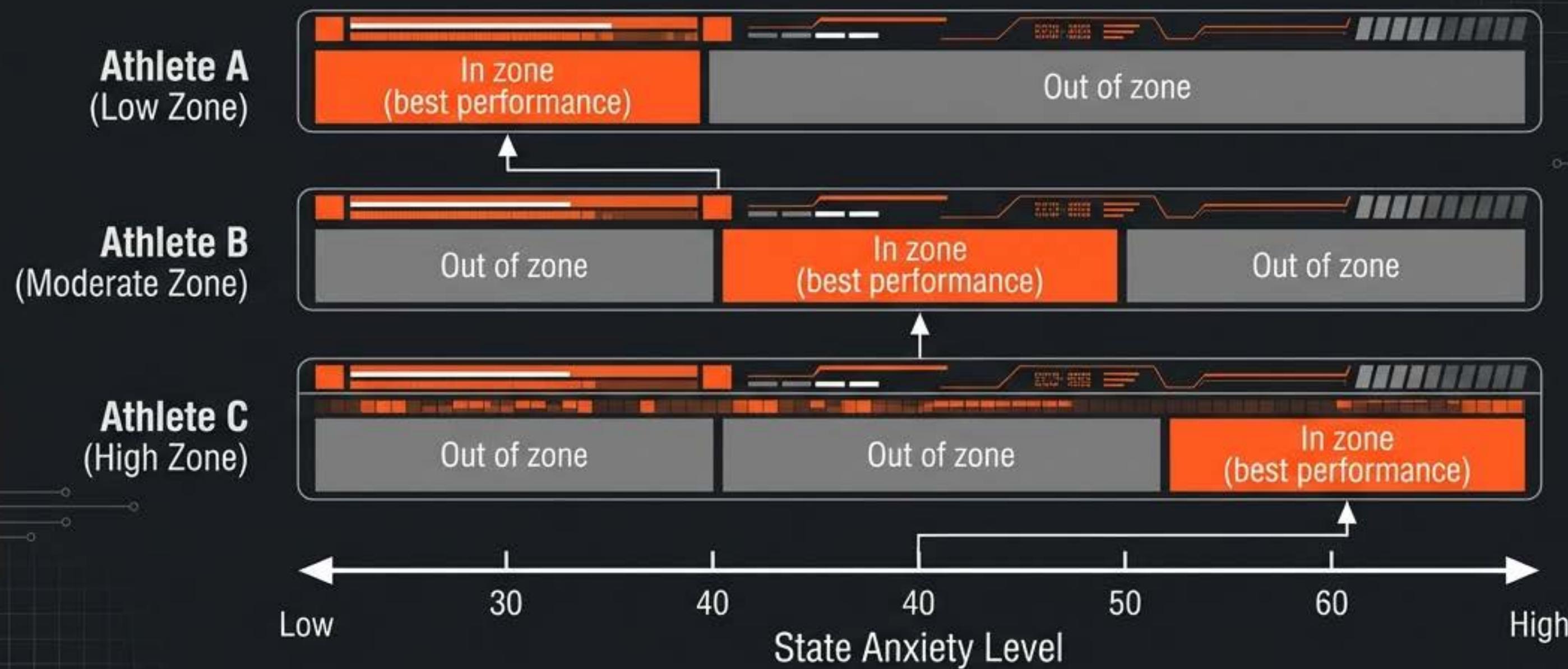
STATE ANXIETY: Temporary / Right Now.

TRAIT ANXIETY: Personality / Disposition.

THE INVERTED-U HYPOTHESIS

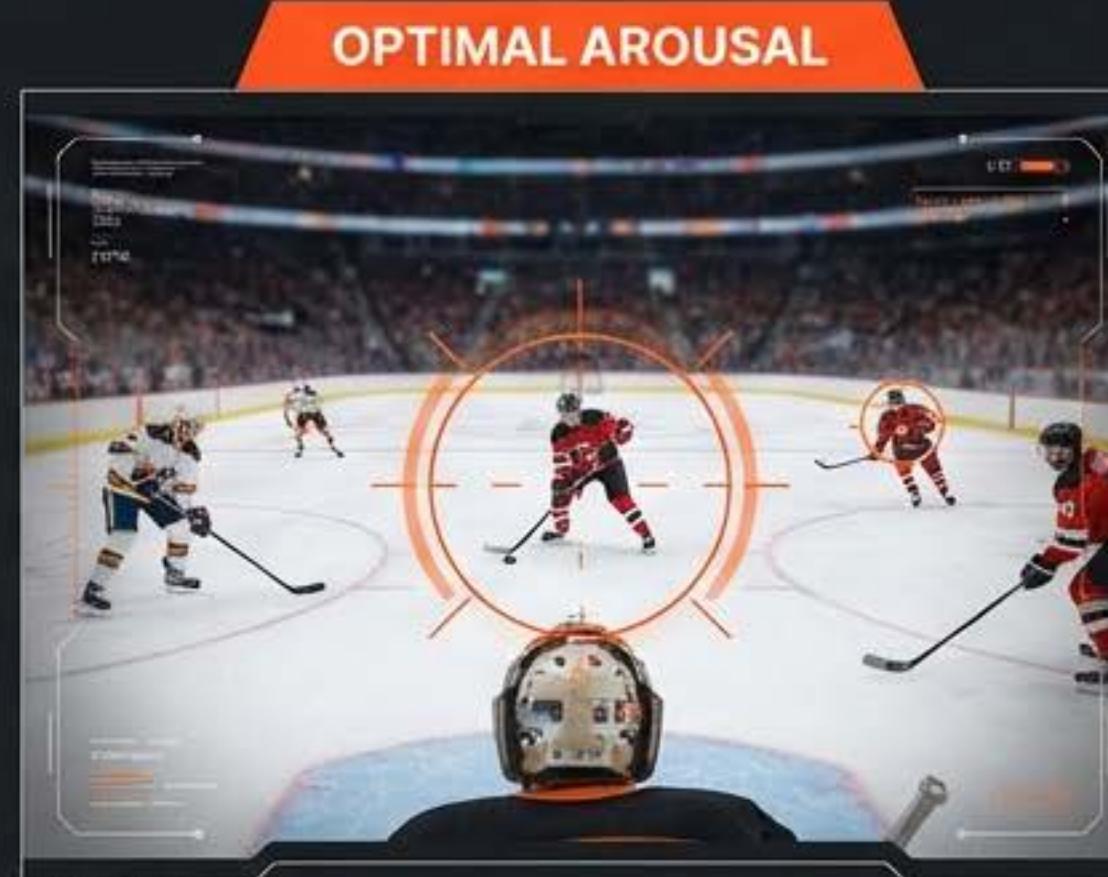
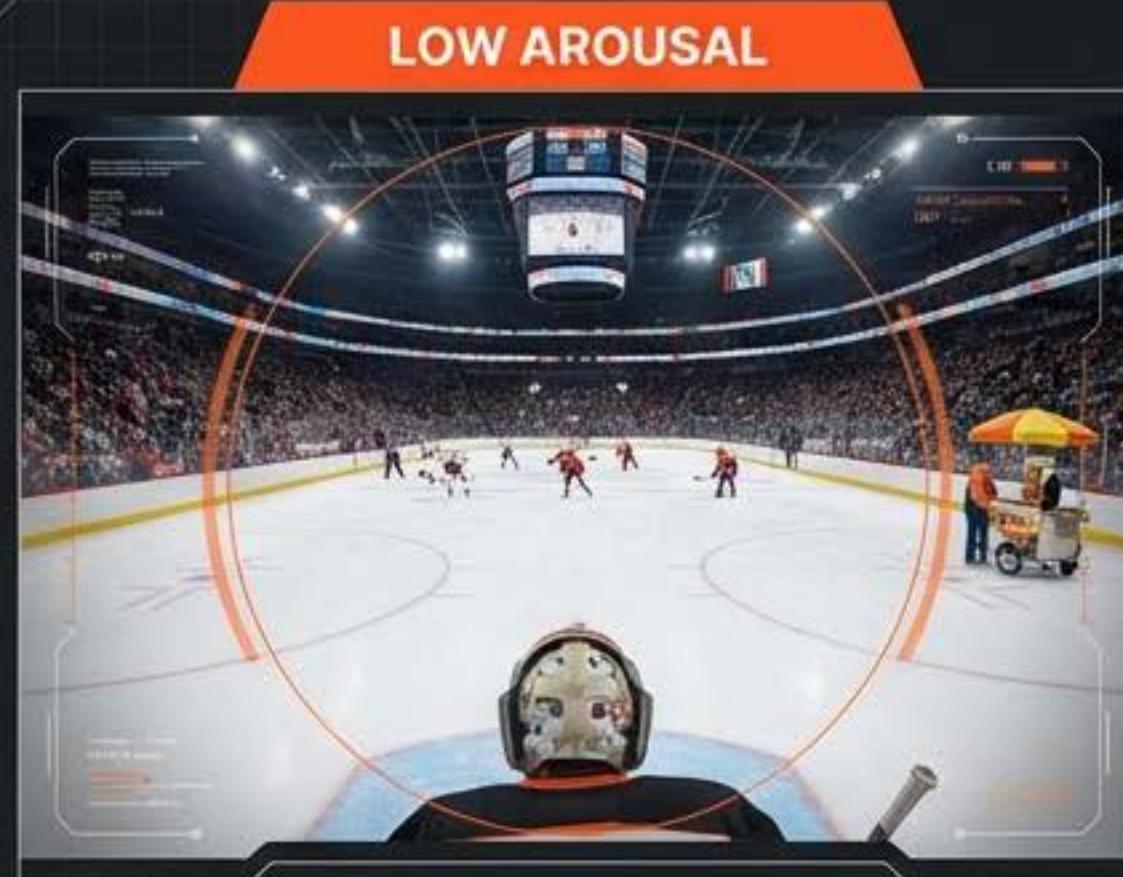


IZOF: INDIVIDUAL ZONES OF OPTIMAL FUNCTIONING



One size does not fit all. Know your specific bandwidth for peak performance.

ATTENTIONAL NARROWING



Mental performance optimized through controlled arousal levels and selective attention.

ELITE TECHNICAL PERFORMANCE

SELF-ASSESSMENT: READING THE DASHBOARD

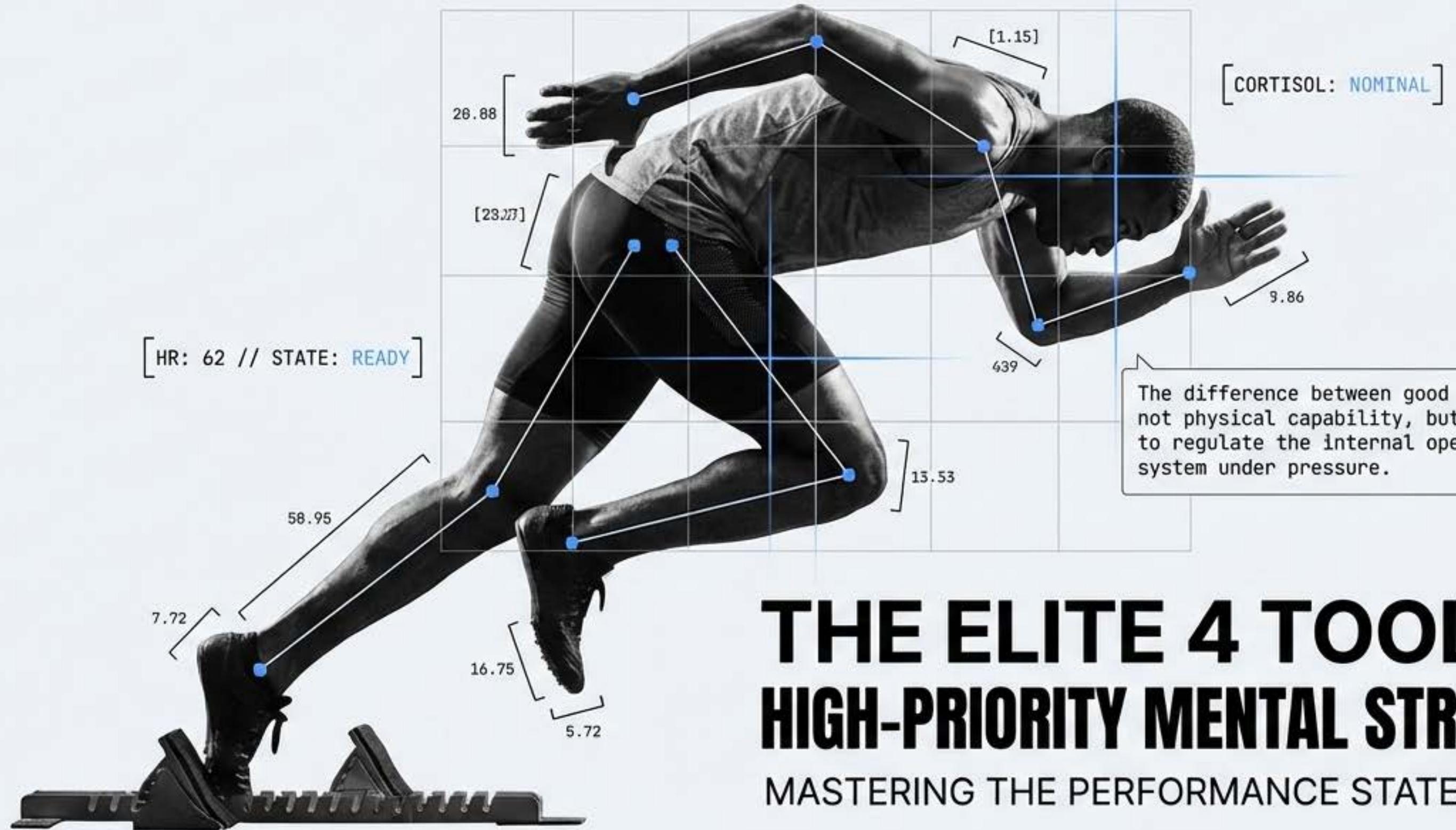
SOMATIC INDICATORS

- Cold/Clammy Hands
- Profuse Sweating
- Muscle Tension
- Butterflies
- Dry Mouth
- Frequent Urination

COGNITIVE INDICATORS

- Negative Self-Talk
- Dazed Look
- Insomnia
- Inability to Concentrate

RECOGNITION IS THE TRIGGER FOR REGULATION

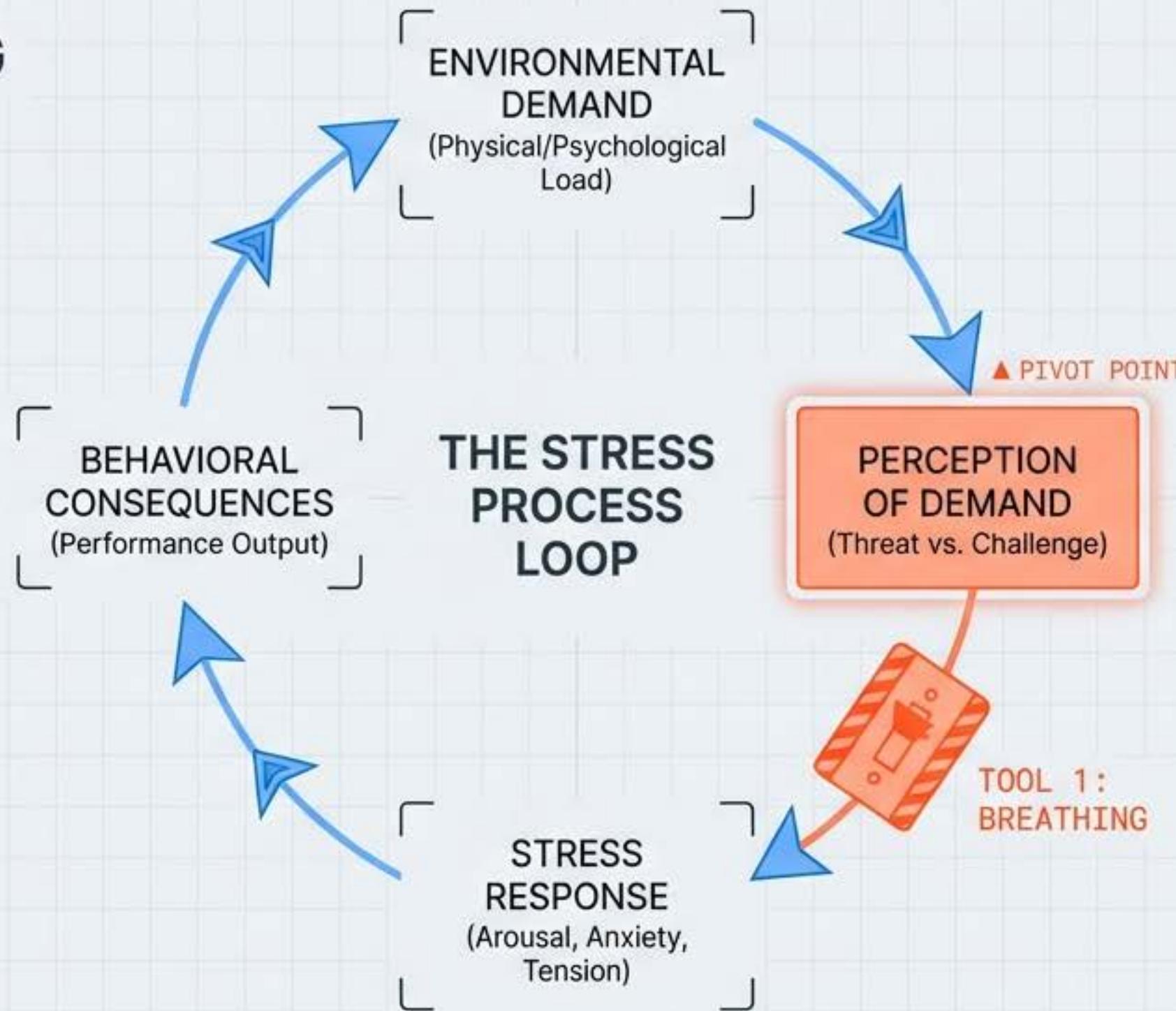
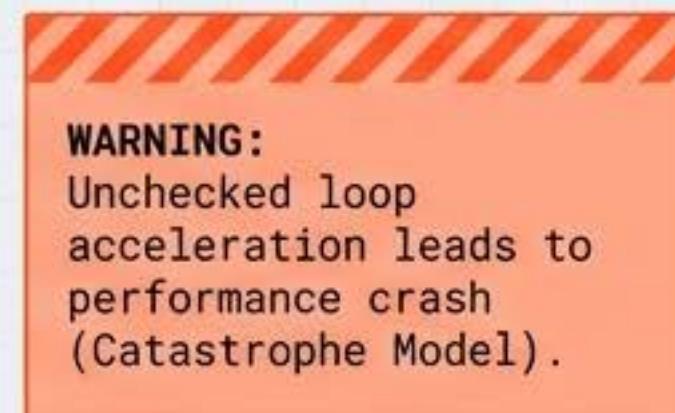


THE ELITE 4 TOOLKIT: HIGH-PRIORITY MENTAL STRATEGIES

MASTERING THE PERFORMANCE STATE (REC1050)

TOOL 1: BREATHING (THE STRESS LOOP RESET)

Breathing is the only physiological function under both voluntary and autonomic control. It serves as a manual override switch.



THE FIX (CENTERING)

- **ACTION:** Deep, rhythmic diaphragmatic breathing.
- **RESULT:** Sends direct “safety” signal to the brain. Intercepts stress response. Anchors operator in the present.

TOOL 2: ACTIVATION/RELAXATION (AROUSAL TUNING)

RELAXATION

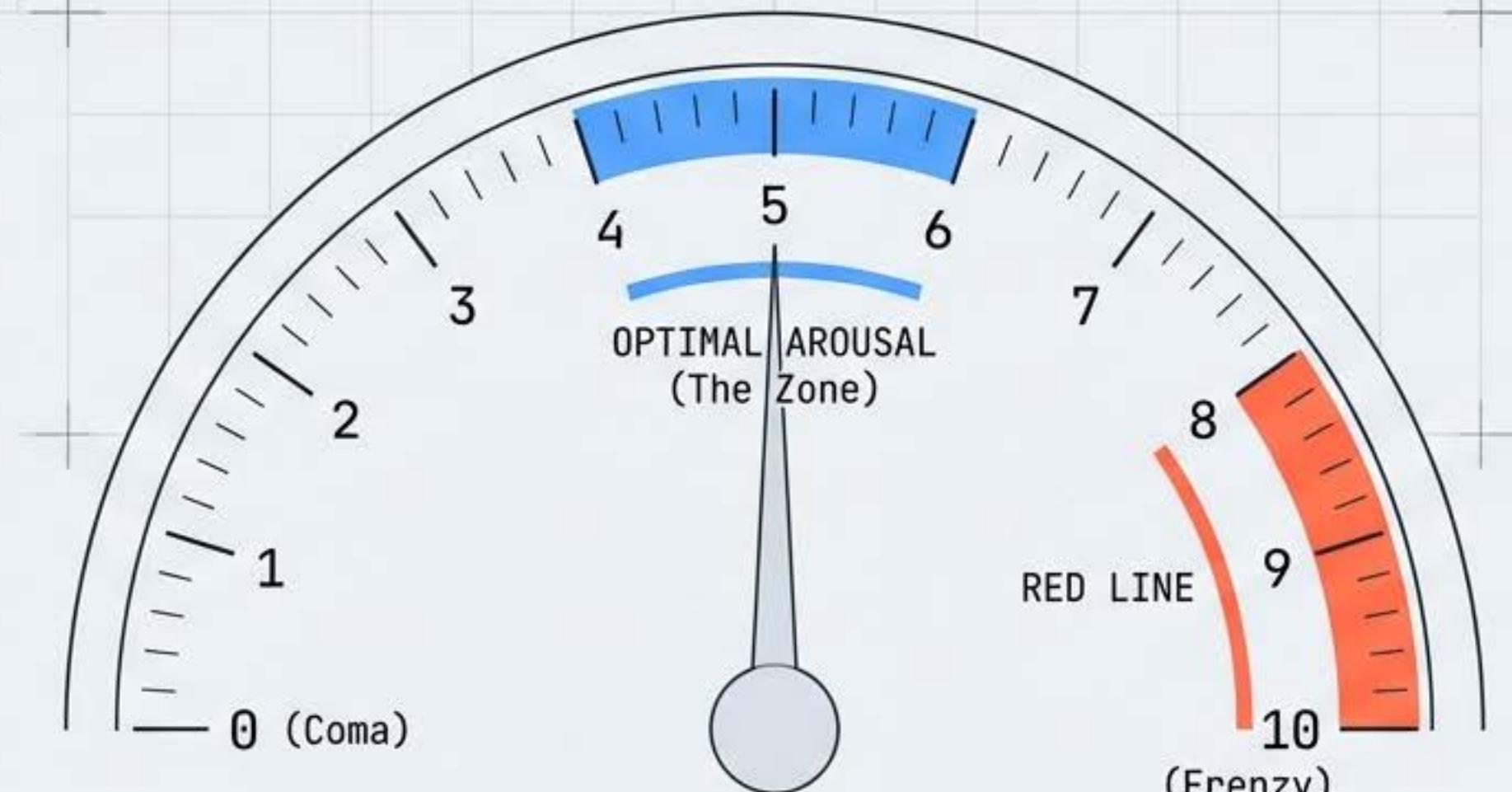
GOAL: RELAXATION

TECHNIQUE:
Progressive Muscle Relaxation (PMR)

METHOD:
Systematically tense and release muscle groups to discharge somatic tension.



JetBrains Mono



ACTIVATION

GOAL: ACTIVATION

TECHNIQUE:
Physical Stimulation

METHOD:
High-tempo music, jumping, slapping legs, "psyching up" to wake the nervous system.



JetBrains Mono

JetBrains Mono

Based on the Inverted-U Hypothesis:
Performance peaks at moderate arousal.

TOOL 3: CUE WORDS (THE FOCUS FILTER)

+

FAULT: ATTENTIONAL NARROWING



LOCKED: OPTIMAL FOCUS



DECODER KEYS

INSTRUCTIONAL CUES

Purpose: Fix mechanics/technique.

Examples: "Elbows in", "Smooth", "Follow through".

Use when: Execution is sloppy.

MOTIVATIONAL CUES

Purpose: Fix intensity/effort.

Examples: "Power", "Dig deep", "Explode".

Use when: Energy or drive is fading.

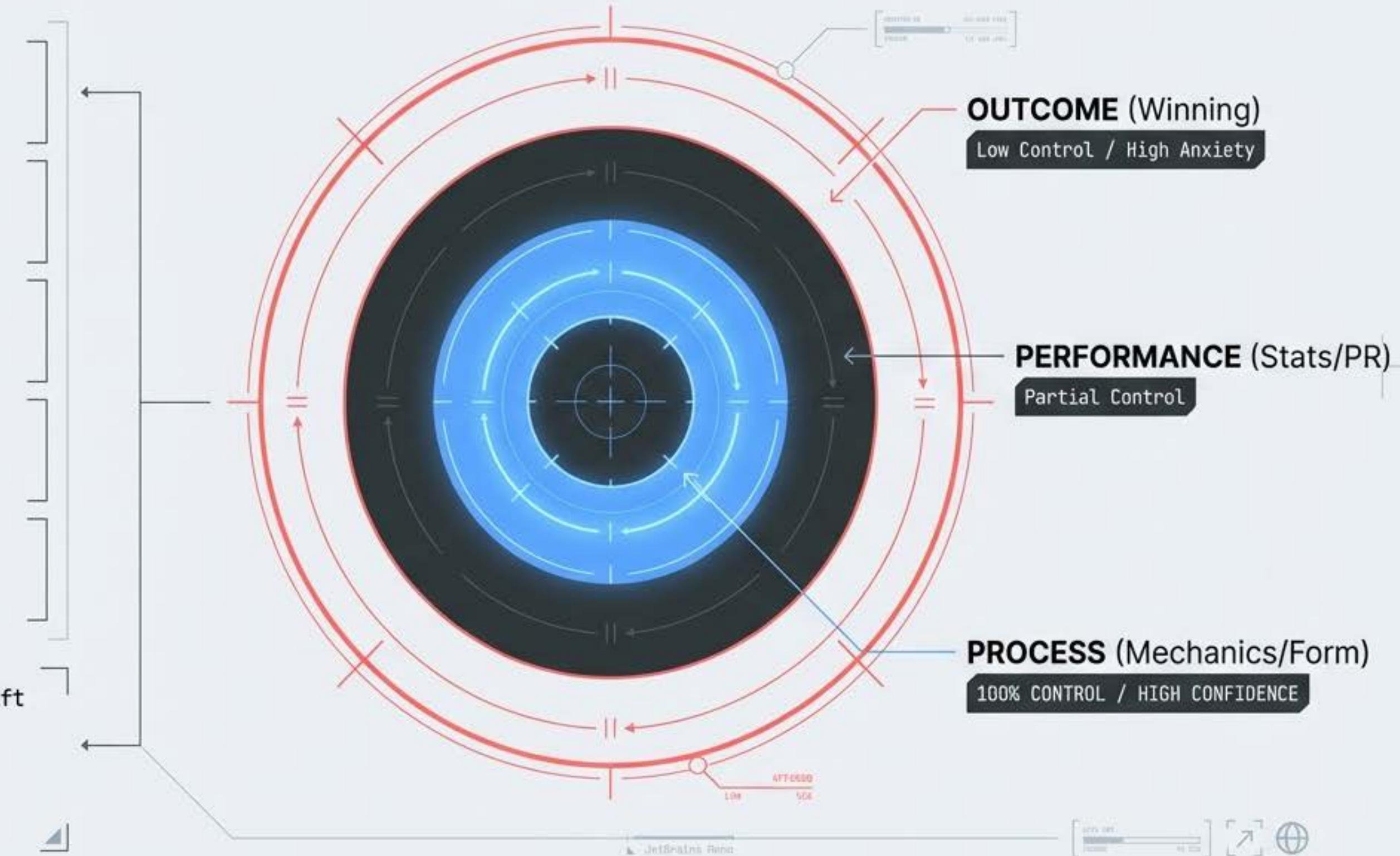
DIAGNOSTIC: High pressure jams the radar. Cue words force the system to lock onto the correct target.

TOOL 4: SMART GOAL SETTING (THE CONFIDENCE BUILDER)

[S] Specific
[M] Measurable
[A] Achievable
[R] Relevant
[T] Time-bound

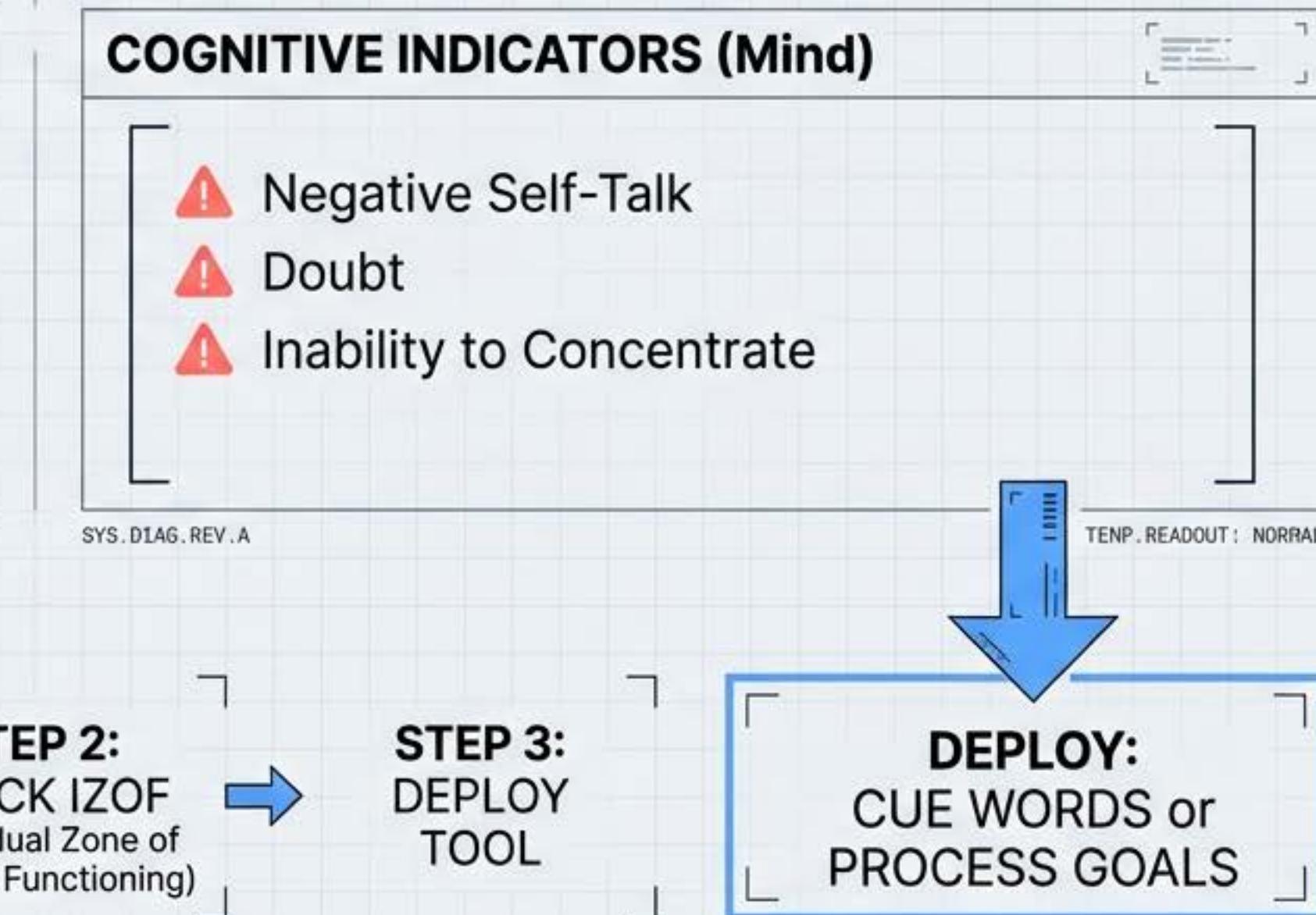
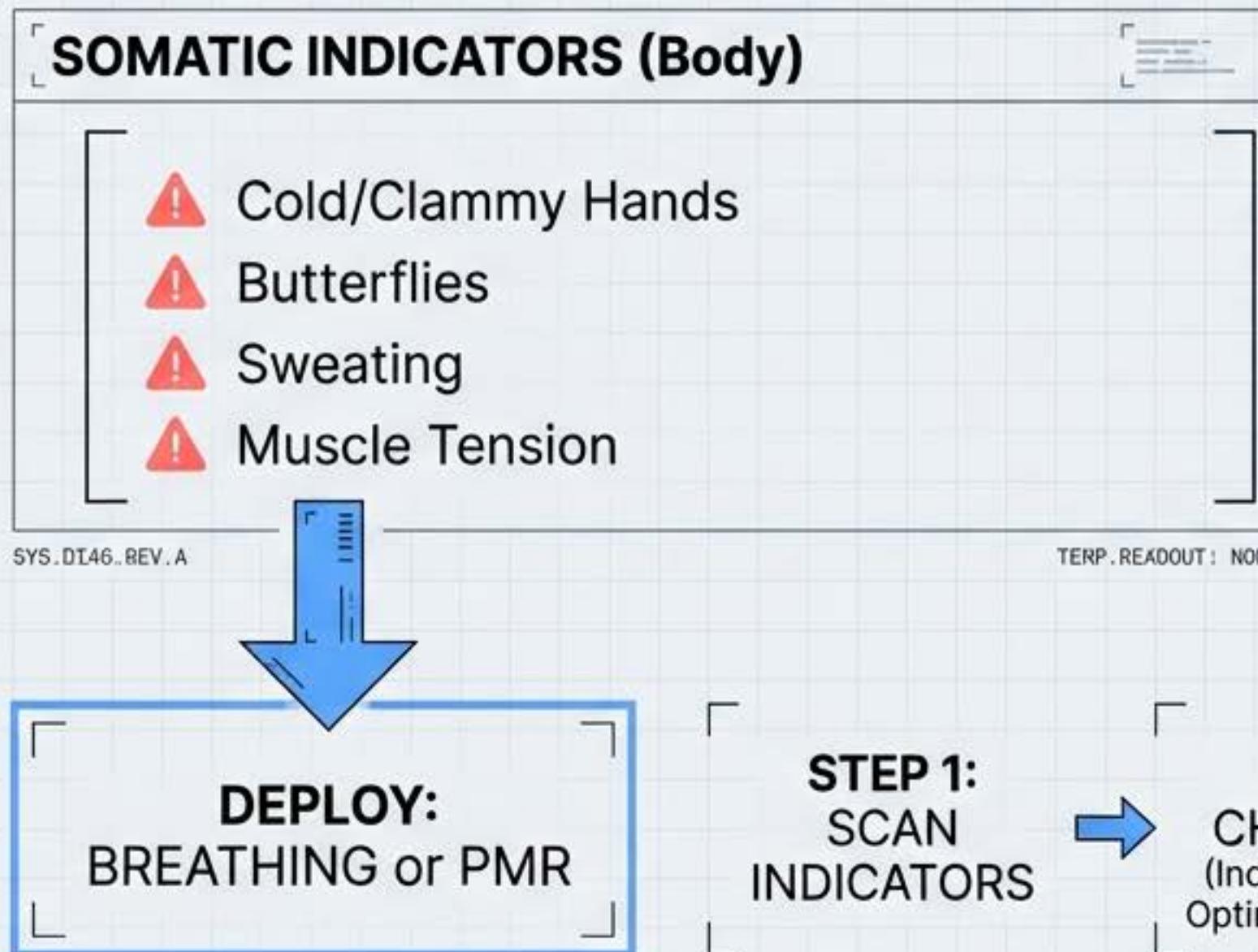
STRATEGY: Control the Controllables. Shift focus from the scoreboard (uncertainty) to execution (certainty).

RESULT: Certainty generates confidence. Uncertainty generates anxiety.



SUMMARY: READING THE DASHBOARD

Recognition is the Trigger for Regulation.



The elite athlete is not without stress; they are simply faster at recognizing and regulating it.