

HUD

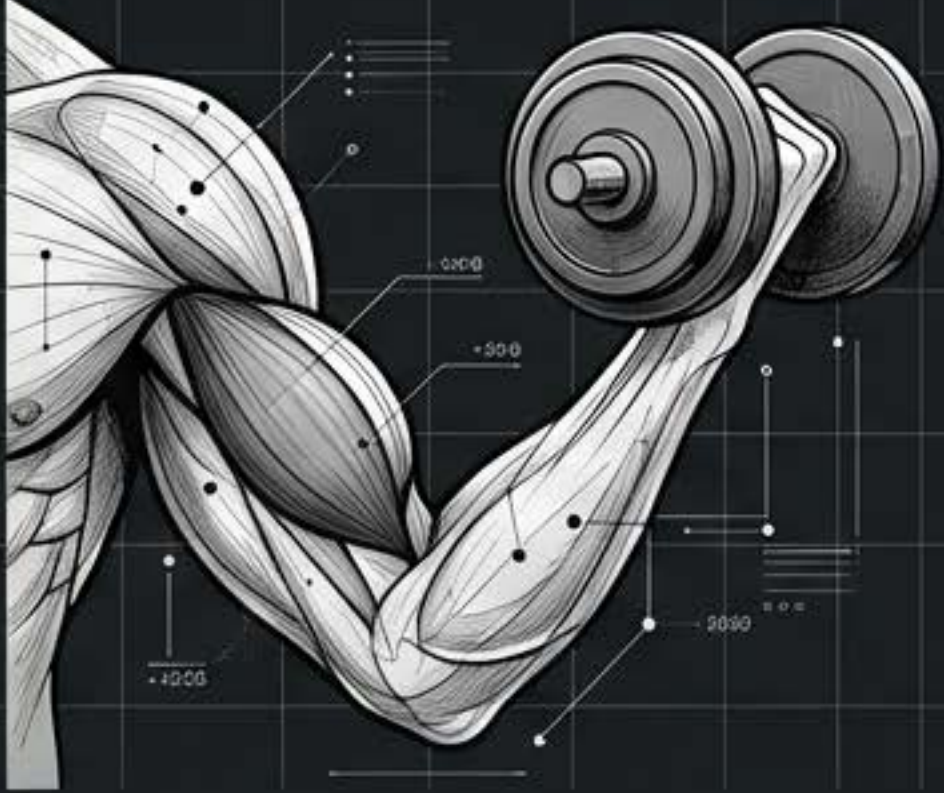
HR: 62 // STATE: READY

# MASTERING THE PERFORMANCE STATE

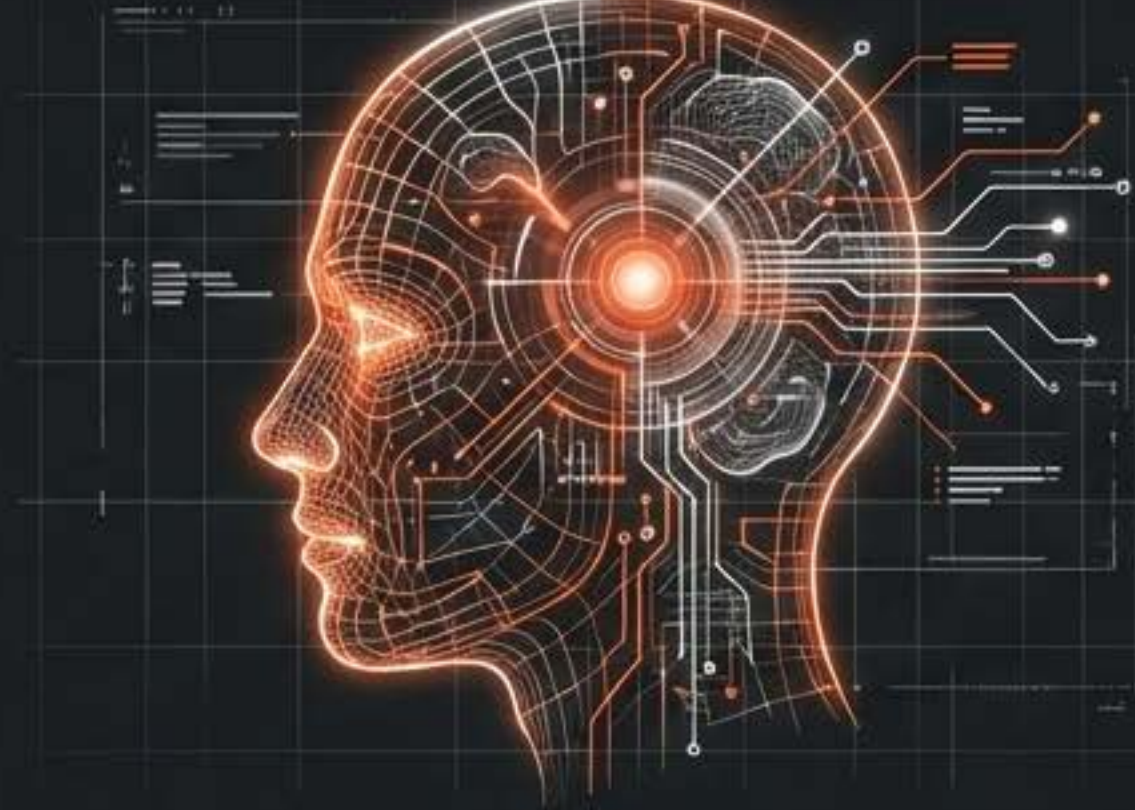
The Foundation of Mental Fitness (REC1050)

P H A S E 1 : T H E O R Y

# 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

APATHY / BOREDOM



**THE ZONE (FLOW)**

PANIC / CHOKING

Performance deterioration under pressure (Choking).

Supreme focus.  
Effortless execution.  
Reproducible.



# 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**

Specific

**M**

Measurable

**A**

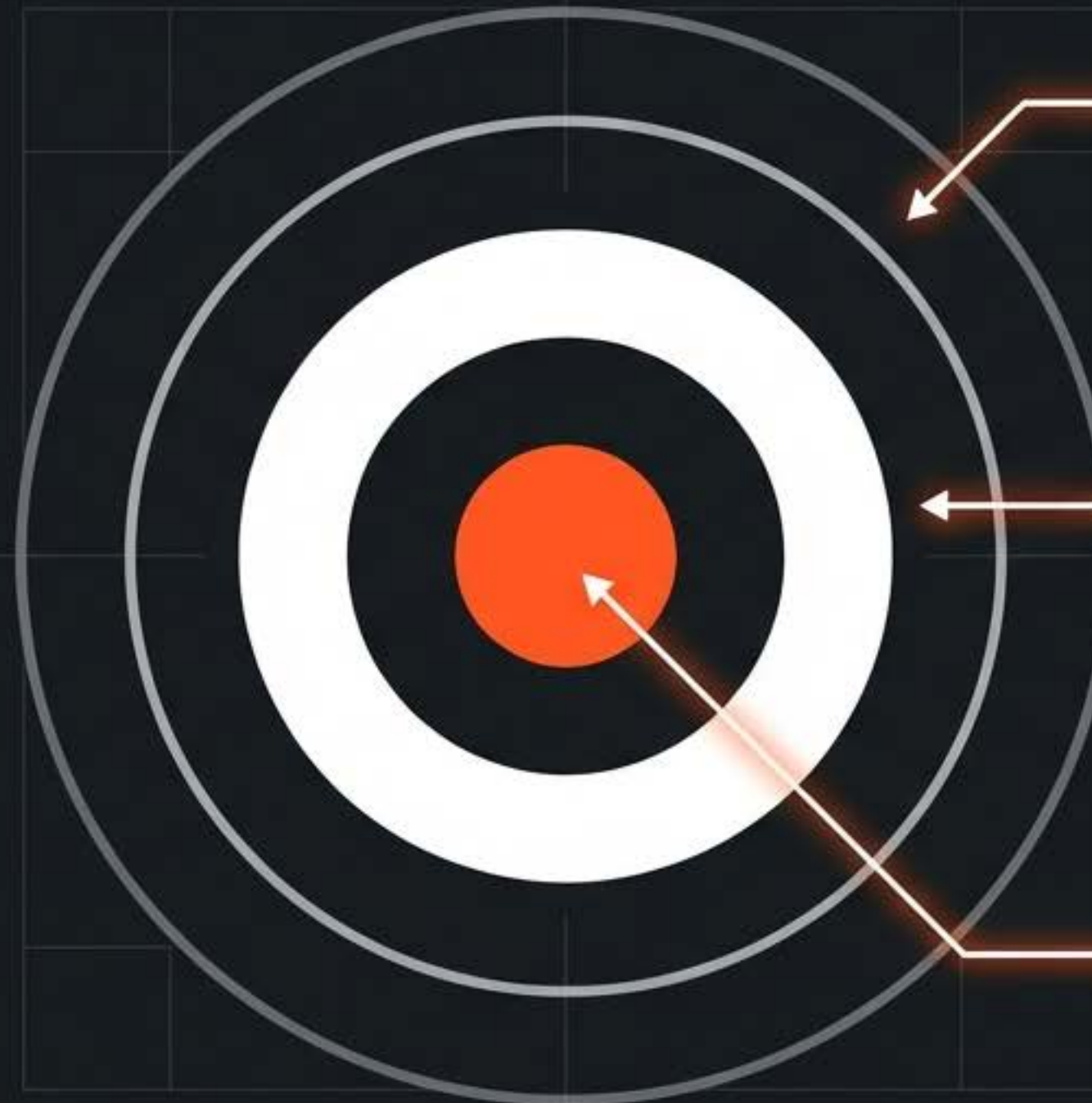
Achievable

**R**

Relevant

**T**

Time-bound

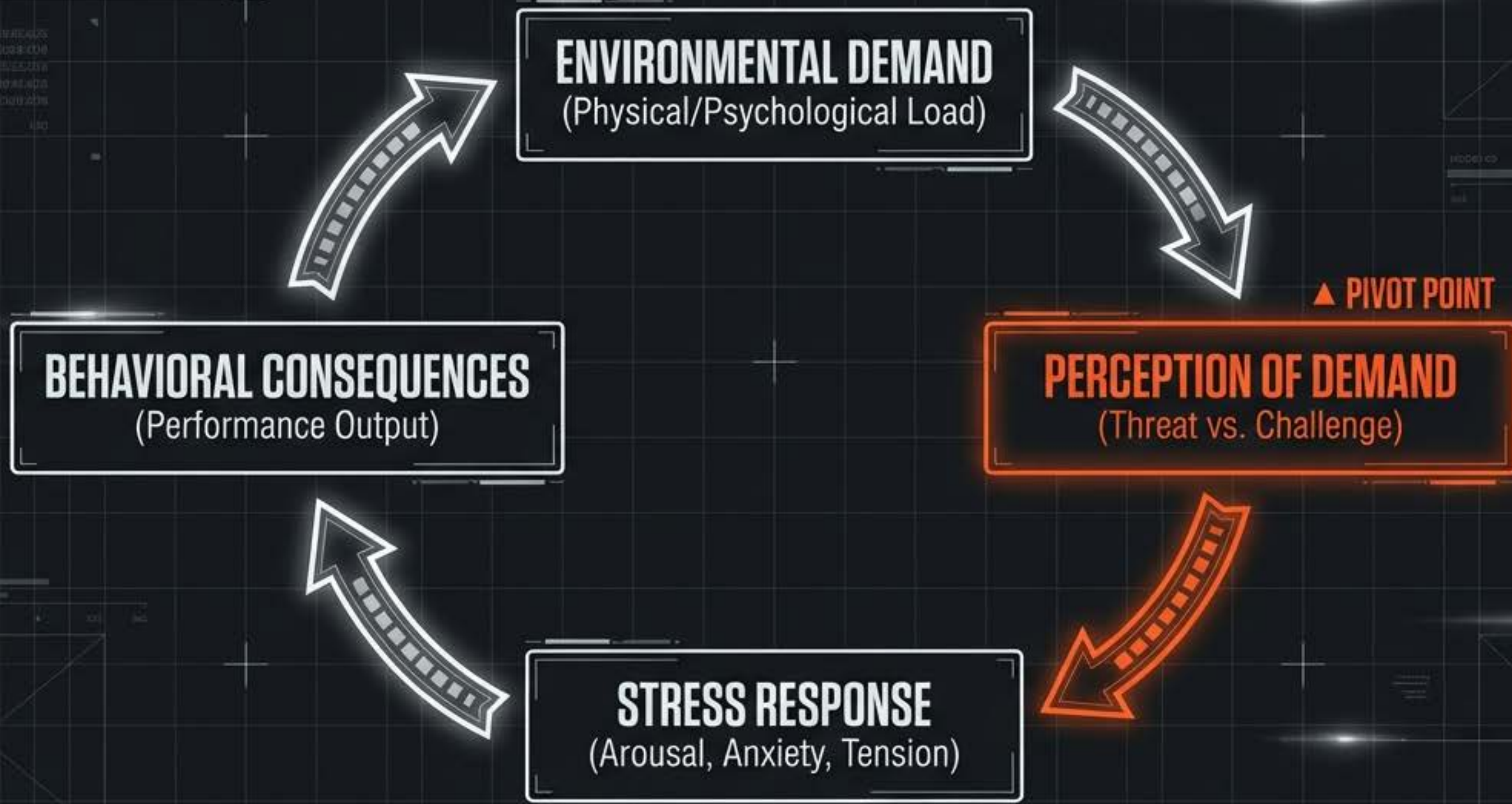
**OUTCOME** (Winning)

High Anxiety / Low Control

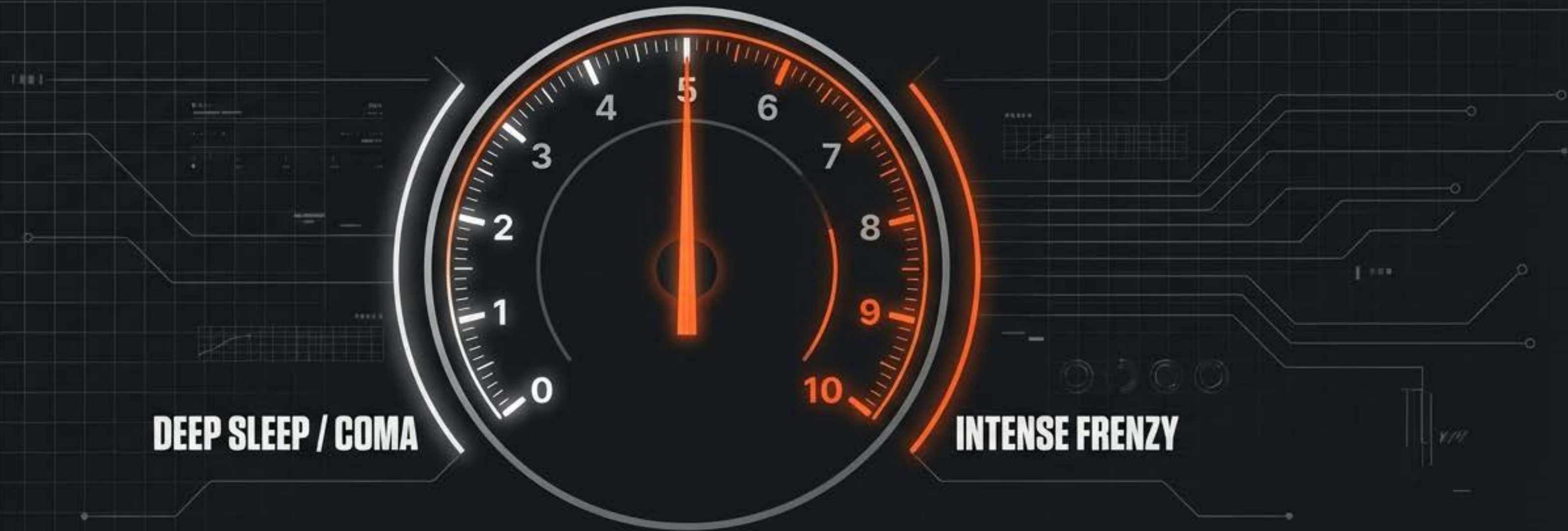
**PERFORMANCE** (Stats/PR)**PROCESS** (Mechanics)

High Confidence / 100% Control

# THE STRESS PROCESS LOOP



# AROUSAL: THE ENERGY CONTINUUM



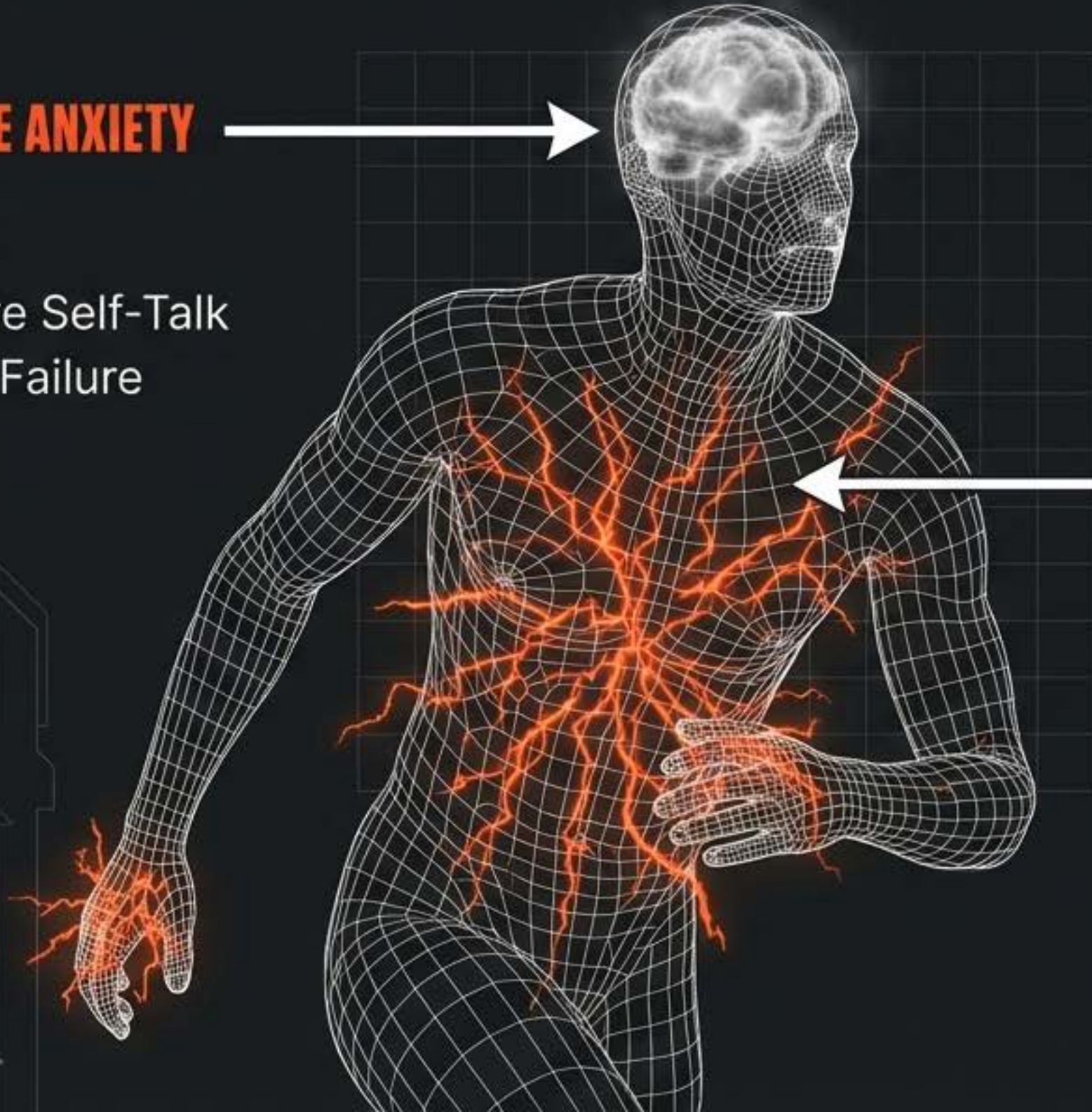
Arousal is neutral energy. It is a blend of physiological and psychological activation.

# ANXIETY: COGNITIVE VS. SOMATIC

## COGNITIVE ANXIETY

(Mental)

- Worry
- Negative Self-Talk
- Fear of Failure

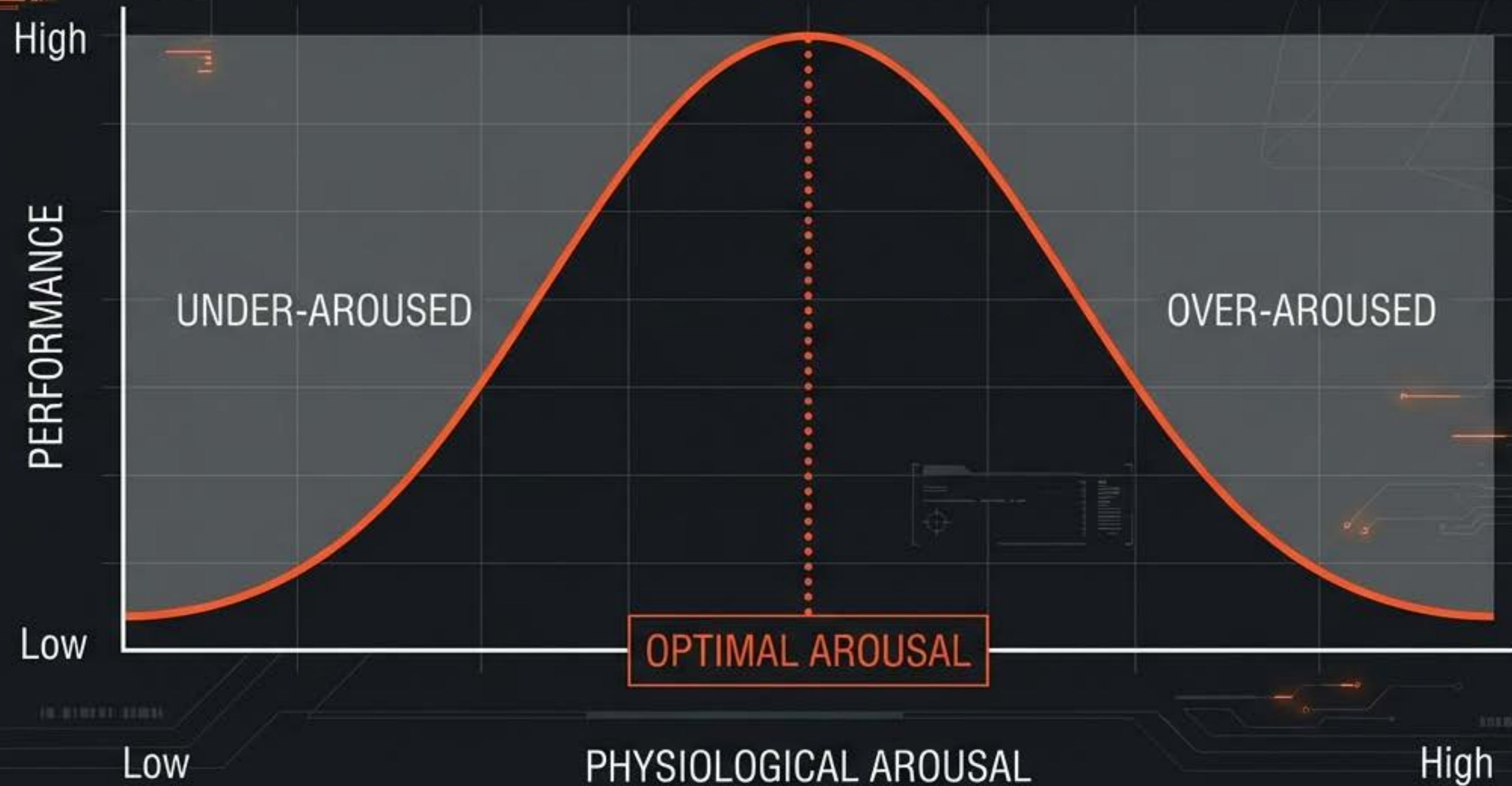


## SOMATIC ANXIETY (Physical)

- 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

## LOW AROUSAL



**TOO BROAD /  
DISTRACTED**

FOCUS: **WIDE ANGLE**  
TARGET ACQUISITION: **LOW**  
DISTRACTION LEVEL: **HIGH**

## OPTIMAL AROUSAL



**OPTIMAL FOCUS**

FOCUS: **BALANCED**  
TARGET ACQUISITION: **OPTIMAL**  
SITUATIONAL AWARENESS: **HIGH**

## HIGH AROUSAL



**TUNNEL VISION /  
MISSED CUES**

FOCUS: **NARROW / TUNNEL**  
TARGET ACQUISITION: **IMPAIRED**  
PERIPHERAL LOSS: **CRITICAL**

Mental performance optimized through controlled arousal levels and selective attention.

ELITE TECHNICAL PERFORMANCE

# SELF-ASSESSMENT: READING THE DASHBOARD

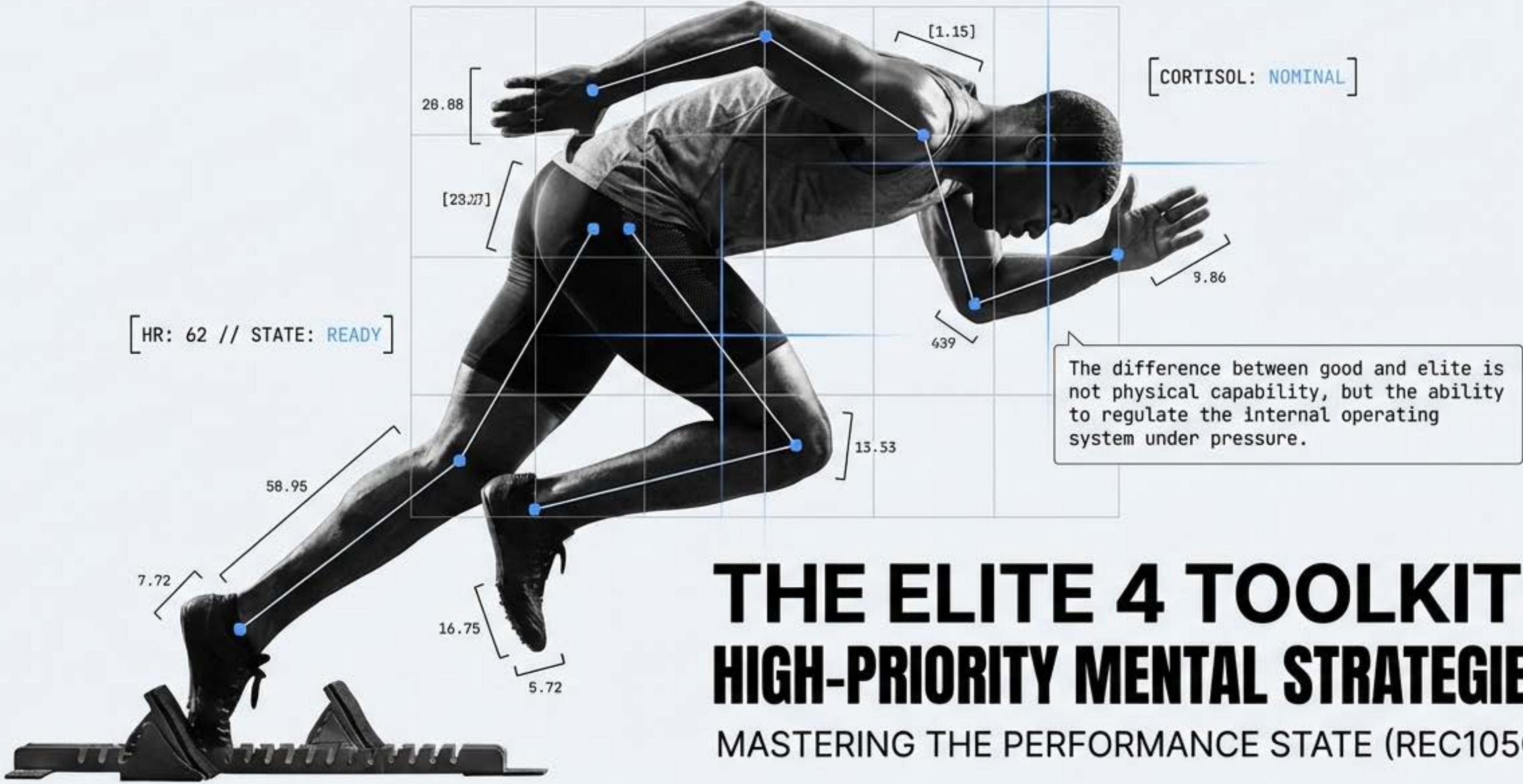
## SOMATIC INDICATORS

- | 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

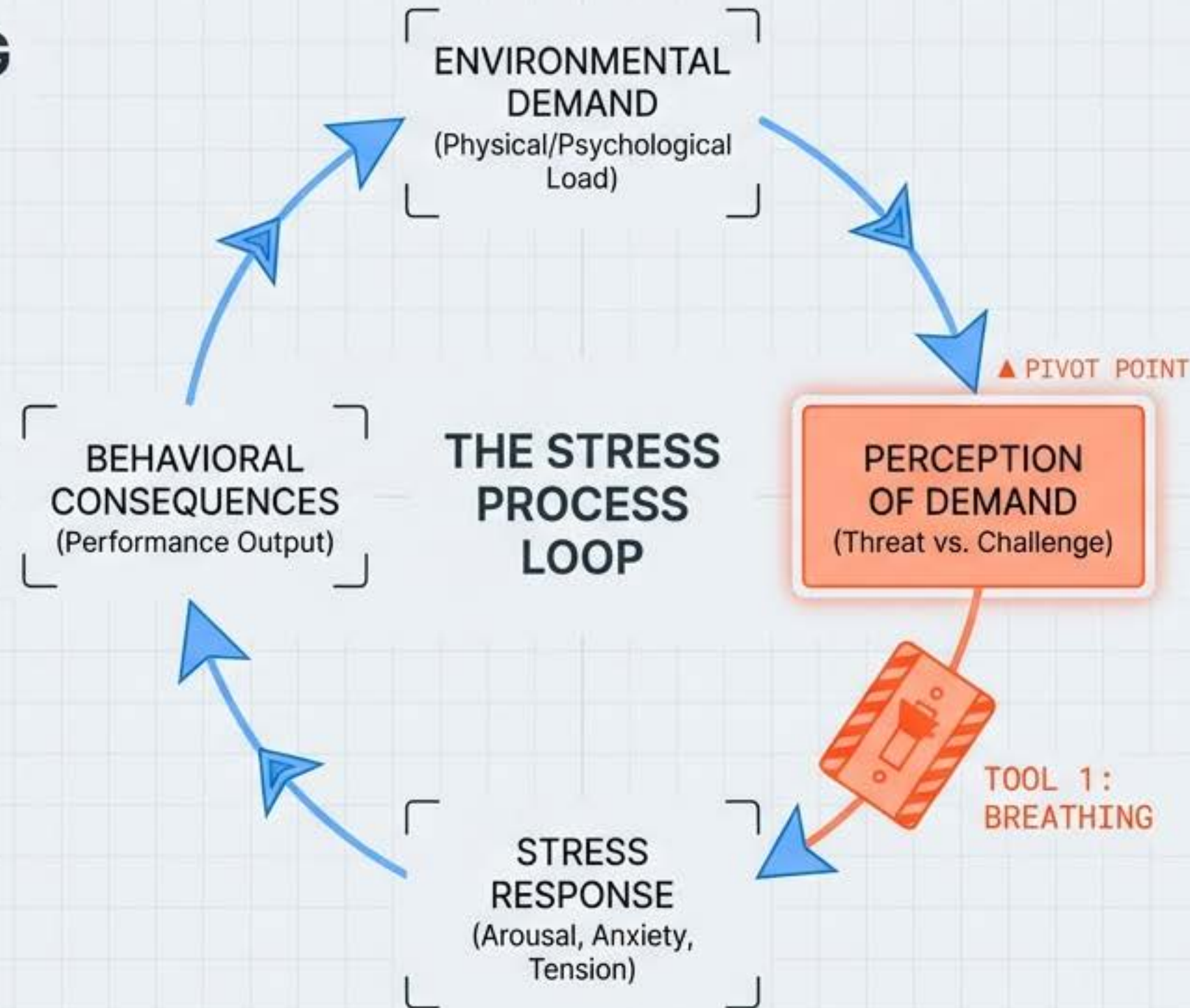


## TOOL 1: BREATHING (THE STRESS LOOP RESET)

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

### WARNING:

Unchecked loop acceleration leads to performance crash (Catastrophe Model).



## 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

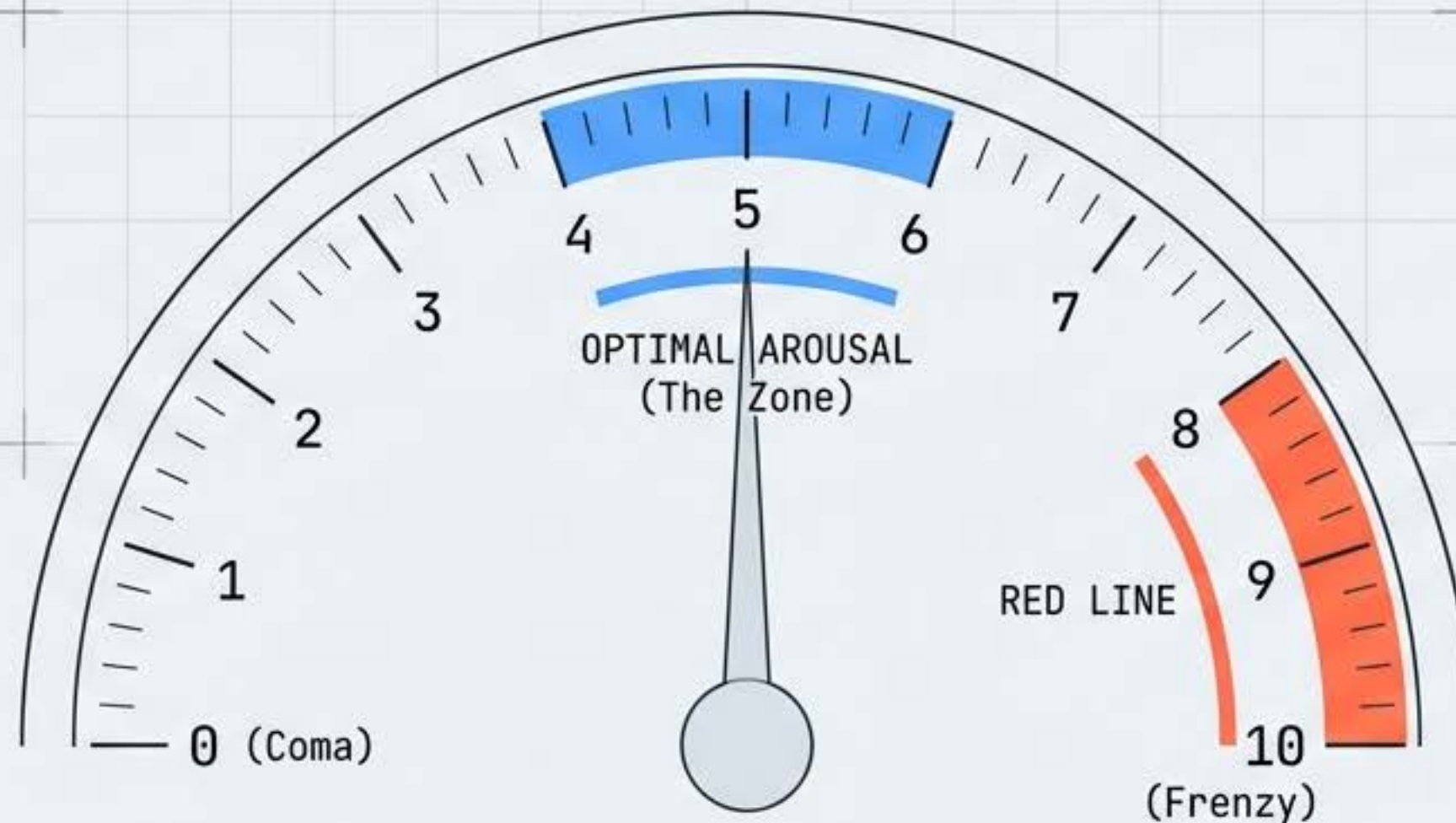
GOAL: RELAXATION

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



TARGET ACQUIRED: OPTIMAL FOCUS

## DECODER KEYS

### INSTRUCTIONAL CUES

**Purpose:** Fix mechanics/technique.

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

**Use when:** Execution is sloppy.

### MOTIVATIONAL CUES

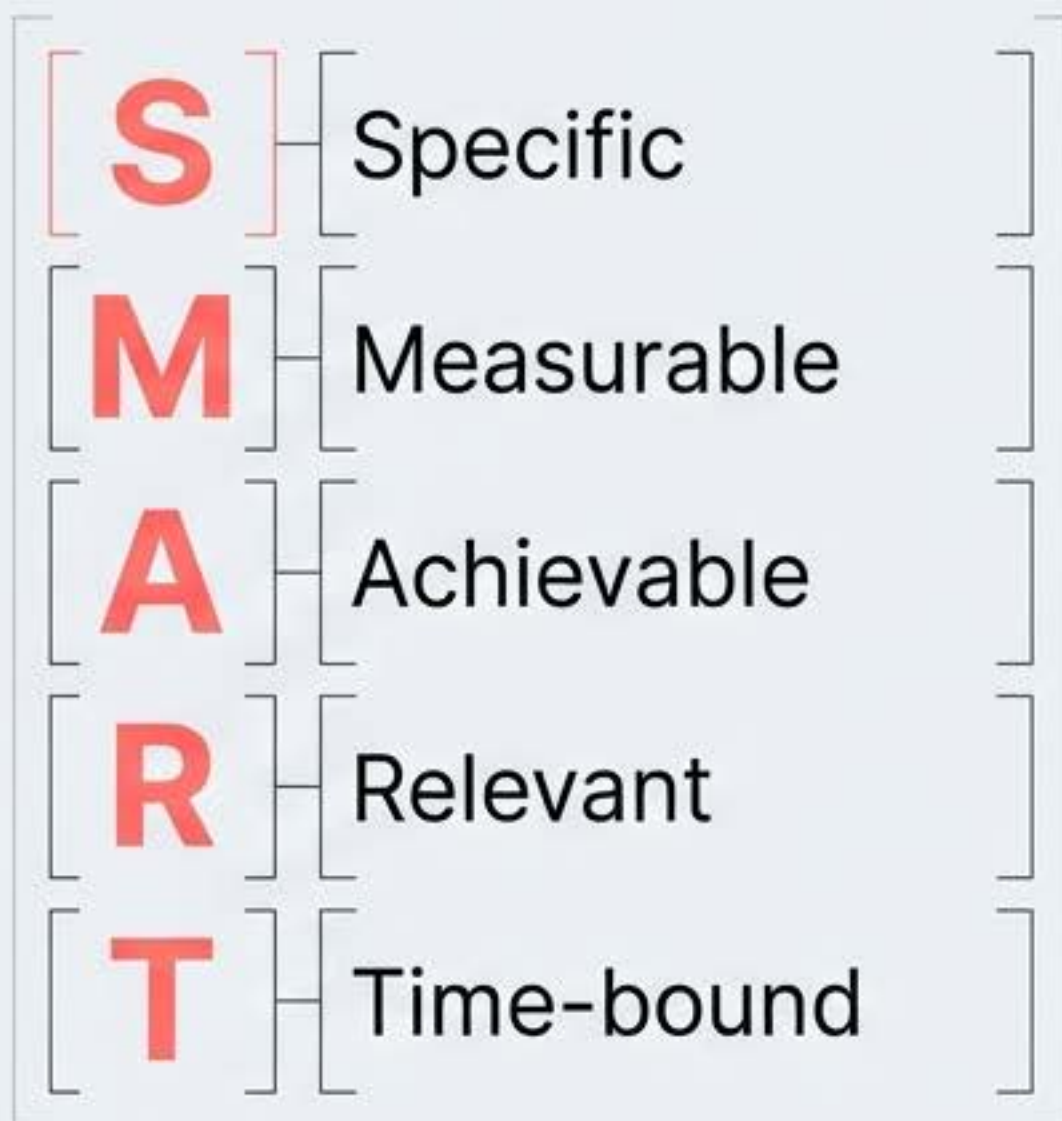
**Purpose:** Fix intensity/effort.

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

**Use when:** Energy or drive is fading.

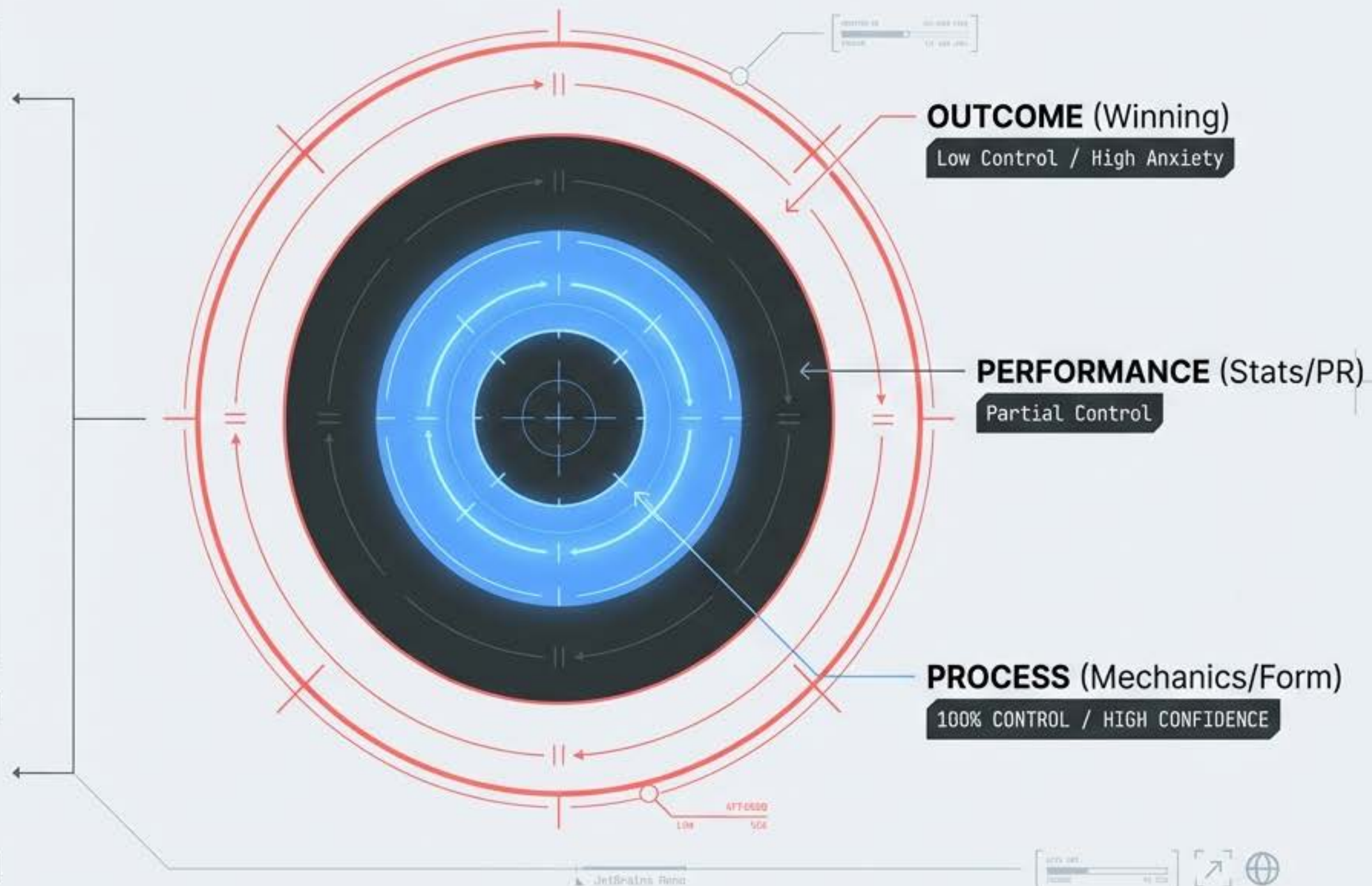
**DIAGNOSTIC:** High pressure jams the radar. Cue words force the system to lock onto the correct target.

# TOOL 4: SMART GOAL SETTING (THE CONFIDENCE BUILDER)



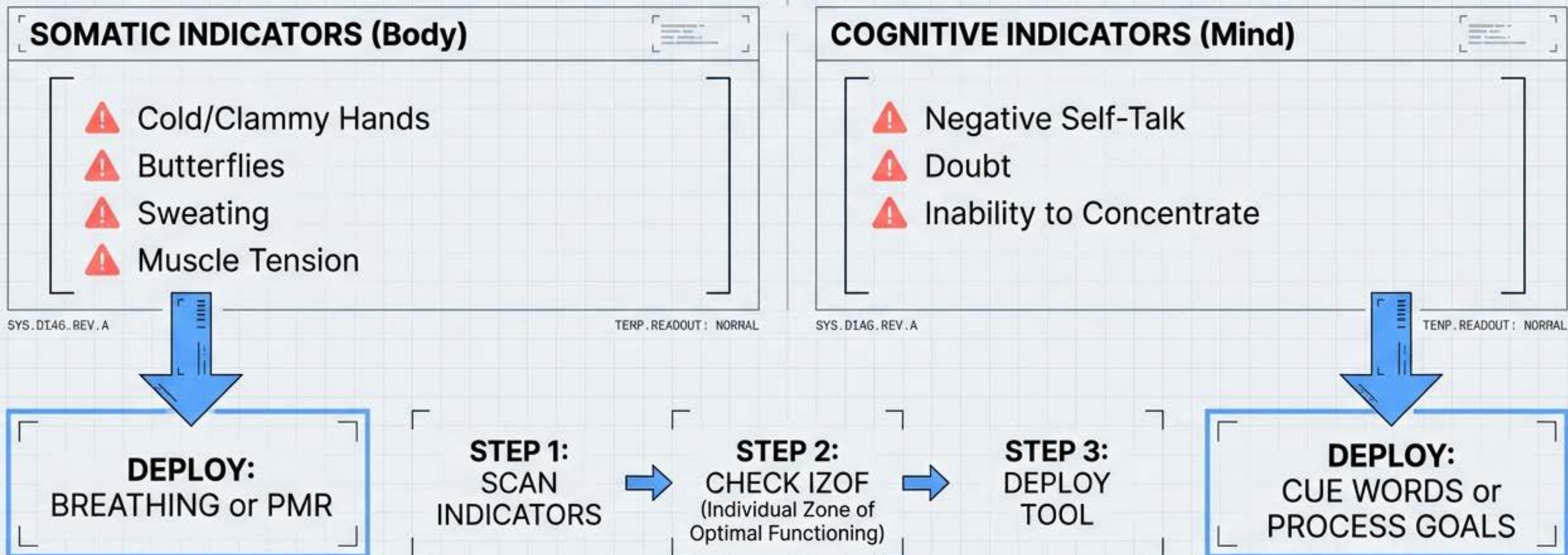
**STRATEGY:** Control the Controllables. Shift focus from the scoreboard (uncertainty) to execution (certainty).

**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.