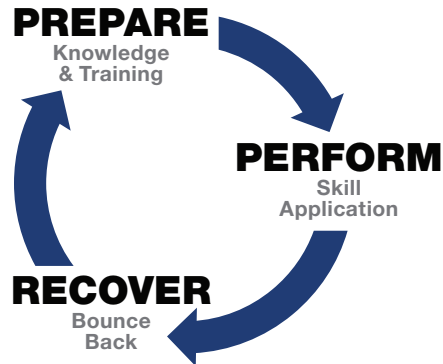


ROAD TO MENTAL READINESS

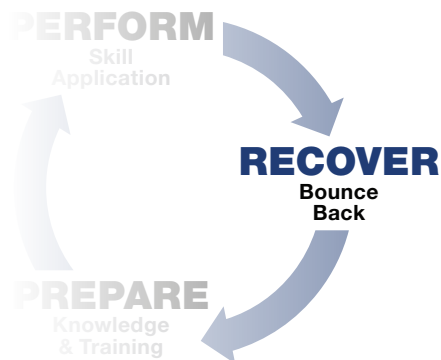
There are three key elements in achieving optimal performance: **preparing, performing** and **recovering** from stress.



Preparing the mind is all about knowledge – understanding the potential stressors you might face, understanding the impact stress has on the brain, and knowing ahead of time and practicing the techniques that will mitigate this impact and improve performance.



Performance is about using the specific skills that can be employed to manage the various stressors (everything from maintaining vigilance during long shifts, to dealing with personal or family stressors, to managing an unexpected crisis event).



Recovery is about how we bounce back from stressful events. Everyone experiences stress; however how we react to it and then recover from it can make all of the difference. Many problems in performance and long-term mental health problems develop if we are unable to recover from stress.