



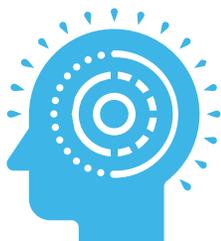
# Caring through COVID-19





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## Increasing mental toughness



**Anxiety**



**Depression**



**Job loss**



**Working  
remotely**

# Objectives

- Define Mental Toughness
- How mental toughness is defined in the context of today's world
- Step-by-step guide to mental toughness
- Overcoming doubts
- Techniques

# Definition

- A quality of mind or intellect characterized by, among other things, a refusal to be intimidated, a determination to finish a contest even when things are going badly, and an ability to control emotions and remain highly focused when under the pressure of intense competition. Compare physical toughness.

— [www.oxfordreference.com](http://www.oxfordreference.com)

# Studies

- Graham Jones – mental toughness in sports
- Peter Clough – beyond athletes and considers mental toughness a personality trait
  - Developed tests to measure
- Angela Duckworth

# Mental toughness in today's world

- Wanting and needing to be happy
- Wanting and needing to remain positive
- Wanting and needing to be successful in our whole lives
- Wanting and needing to get through challenging times

# Ingredients of mental toughness

- Don't miss routines (almost) ever
- Have a clear goal in mind
- Prioritize correctly
- Don't rely on inspiration
- Focus on consistency
- Ability to do self-reflection
- Learned at any age
- Stop and reflect on your feelings and move on

# Step-by-step guide

- Search your motivation
- Ask yourself why
- Where did the goal come from?
- How badly do you want it?
- Start small and practice it every day

# Overcome doubts

- Learn how to silence inner and outer negative voices
- Deep sense of confidence
- Don't waste time worrying about what you can't control
- Focus on moving forward
- Focus on small steps in the right direction

# Common traits

- Happy when others do well
- Focus on success of everyone
- Rarely (if ever) complain
- Practice gratitude
- Resilience
- Can handle pressure

# Practice techniques

- Guided imagery
- Positive affirmations
- End every day with 3 achievements
- Focus on what is going well
- Focus on every step of your day and what needs to get done
- Concentrate on what you can do and can control
- Clear goals broken up into manageable chunks

# Grit

*Our hypothesis that grit is essential to high achievement evolved during interviews with professionals in investment banking, painting, journalism, academia, medicine, and law. Asked what quality distinguishes star performers in their respective fields, these individuals cited grit or a close synonym as often as talent. In fact, many were awed by the achievements of peers who did not at first seem as gifted as others but whose sustained commitment to their ambitions was exceptional. Likewise, many noted with surprise that prodigiously gifted peers did not end up in the upper echelons of their field.*

*—Angela Duckworth*



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