



MENTAL READINESS

Mental readiness is an individual's or team's ability to think, feel, and act in a manner that optimizes performance. Mental readiness includes the ability to integrate cognitive, emotional, and interpersonal capabilities.

BOOST YOUR MENTAL HEALTH

COMMUNICATION SKILLS

Developing and maintaining good relationships requires effective nonverbal and verbal communication. Effective communication prevents isolation and helps manage daily stressors.

LIFE BALANCE

Taking time for leisure, creativity, and hobbies can restore energy levels. Striking a healthy balance of work, play, healthy social relationships, and sleep can optimize performance.

GOAL SETTING

Goal setting provides a roadmap for success that can increase motivation and commitment towards achieving an objective.

BREATHING

Awareness of brain and body connection helps Soldiers better control their emotions and actions. Regular practice of intentional, controlled breathing is a useful technique to optimize performance.

HEALTHY HABITS

Learning, acquiring, and developing healthy life habits can mitigate stress, encourage predictability, promote healthy behaviors, and optimize performance.

MINDFULNESS

Mindfulness is paying attention, on purpose and without judgment, to the present moment. Practicing mindfulness can ease chronic pain, decrease high blood pressure, calm stress hormones, and inflammatory processes.

STRESS MANAGEMENT

Stress is the body's and brain's response to a challenge. Stress can be a useful tool but if a Soldier's stress increases beyond capacity, he or she can become overwhelmed and performance can degrade.

SLEEP HYGIENE

Most Soldiers need 7 to 9 hours of sleep a day to optimize health, decision making capabilities and performance.



For more information refer to:
FM 7-22, Holistic Health and Fitness 2020
usacimt.tradoc.army.mil



<http://www.hprc-online.org>

