

WELLBEING

with Heart

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MENTAL TOUGHNESS

Understanding Mental Toughness and 8 simple sentences to start putting into practice

We talk about having a healthy physical body, making healthy choices, being connected with others and our environment, having a strong mindset, but do we know what being mentally tough really looks like and how to put into practice?



Mental toughness is a positive and targeted way of helping people feel capable when dealing with stressful situations. It is defined as 'the quality which determines in a large part how people deal effectively with challenge, stressors and pressure... irrespective of prevailing circumstances' 1.

Basically, mental toughness is having a can-do attitude and the skill to predict, prepare and then work through challenges.

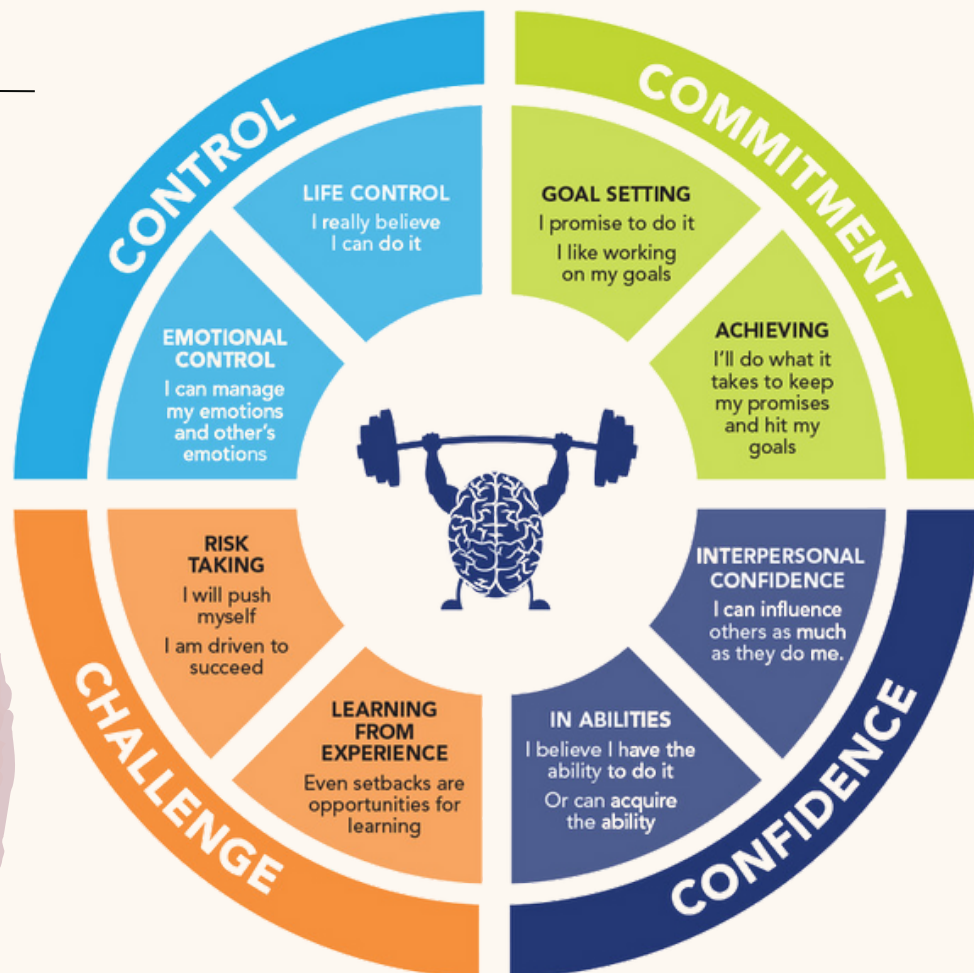
We can all become proactive responders to any challenge and stress, taking them as opportunities to learn from and develop skills.

The 4Cs of Mental Toughness and how we can put into practice

- 1 **Control:** How much do you believe you can control the things within and around you and your emotions?
- 2 **Commitment:** The degree to which a person can set and achieve goals and manage distractions along the way. What is your ability to stick to a task?
- 3 **Confidence:** The degree to which a person believes in their capacity and is able to engage with those around them, including being able to ask for help when needed. What is your level of self-belief?
- 4 **Challenge:** The degree to which a person can seek new learning experiences and respond to setbacks. How much do you see challenge as an opportunity? Is a challenge a threat or something that is exciting and interesting?

Here are 8 simple sentences to start practicing putting mental toughness in practice

A mentally tough individual sees challenges and setbacks are a part of everyday life. The 4Cs help us to have confidence in ourselves, manage our emotions, break challenges down into manageable chunks, stay focused to achieve our goals.



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SOURCES

1. (Clough & Strycharczyk, 2012 in Green et al, 2020).
2. <https://images.squarespace-cdn.com/content/v1/5b39fee0aa49a1aa8ed4c15d/1582028169871-0788ZTIKNW785CK4TZY3/Growth-is-uncomfortable-because-you%27ve-never-been-here-before-quote-Paula-Hail-Studio-Brand-Website-Design.jpg>
3. <https://theconversation.com/some-people-benefit-from-being-naturally-mentally-tough-but-it-can-be-taught-to-those-who-arent-122899>