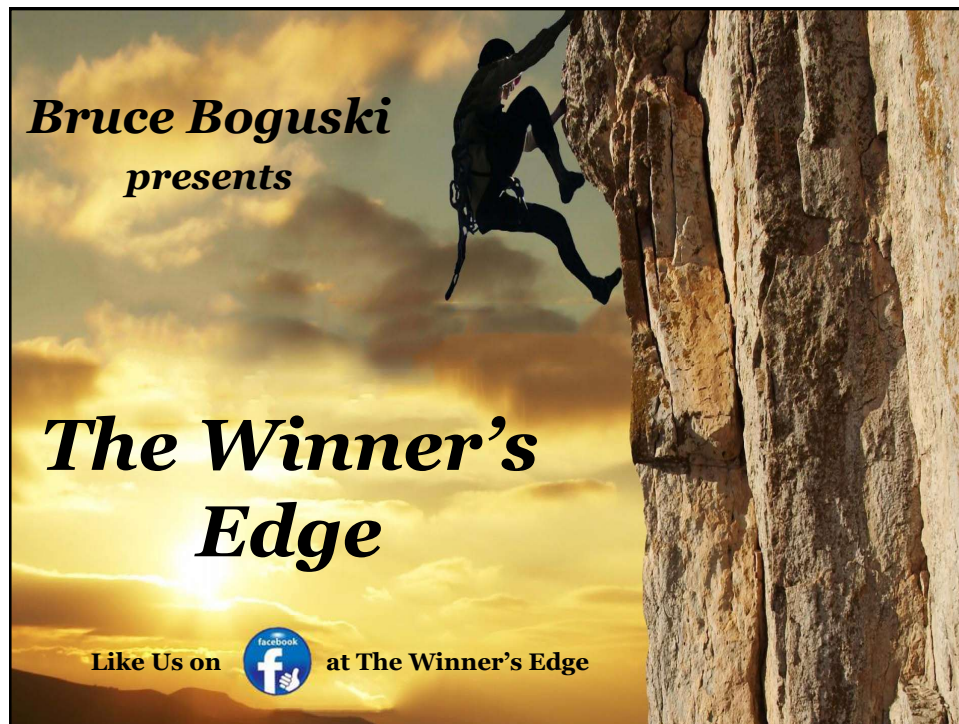




1



2



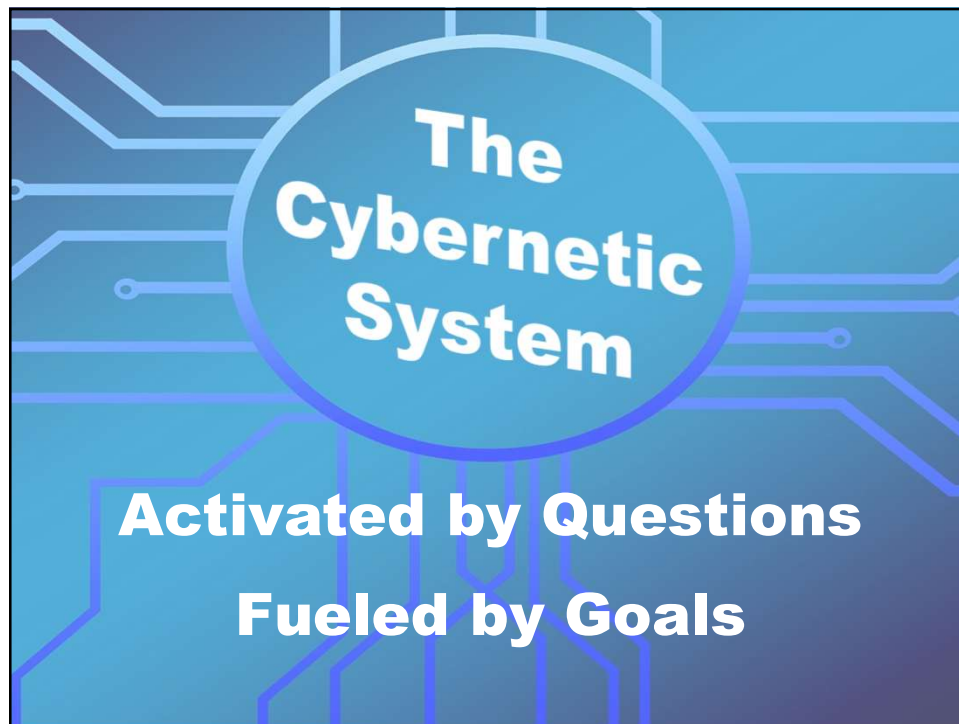
3

WHAT HOLDS YOU BACK?

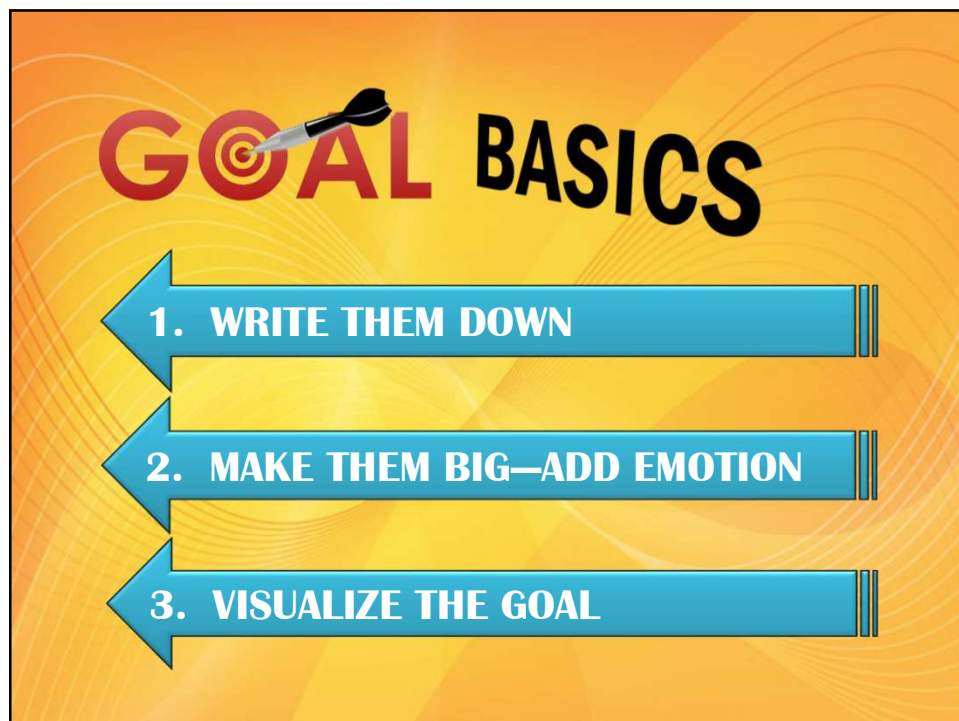
RAS—The Reticular Activating System

Your Focusing Device

4



5



6



7



8

POWER POSING

Testosterone	↑	20%
Cortisol	↓	10%

9

Wonder Woman



10



11



12



13

STOP

“Automatic Negative Programming”
Avoid the negative contraction

DON'T

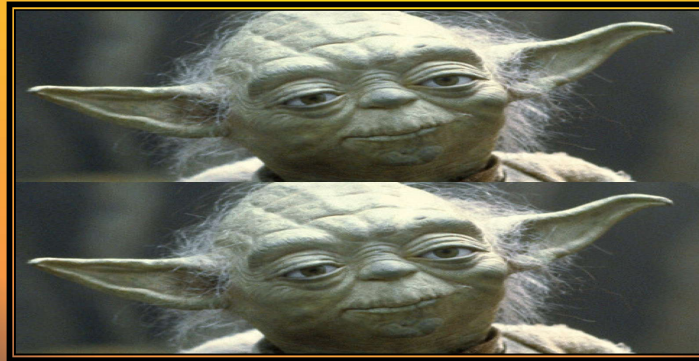
Change the following into positive directions:

- Don't be late.....*
- Don't hurry.....*
- Don't forget your paperwork.....*

14

TRY

**“DO... or DO NOT...
THERE IS NO TRY” Yoda**



15



PHYSICAL MANIFESTATIONS OF THE STRESS RESPONSE *(The fight or flight syndrome)*

**What happens to us when we get angry,
frightened, frustrated or too anxious?**

- **Increased heart rate - not good, leads to feelings of uneasiness.**
- **Increased blood pressure - same as the above.**
- **Increased muscle tension - robs you of some of your quickness, speeds up fatigue.**
- **Increased blood flow to large muscle groups - only positive factor.**
- **Increased perspiration - the body is trying to cool itself.**
- **Blood flow is reduced to the hands and feet.**

16

Digestion halts - blood flow to stomach area greatly reduced, in extreme conditions, stomach evacuates itself (vomiting).

Breathing becomes quick and shallow - decreases supply of oxygen to the brain and muscles, quickens rate of mental and physical fatigue.

Toxic focus - we focus very tightly on the person and/or event that triggered the response and will remain so until we regain control. We lose perspective; we forget our goals and our jobs. We can make mistakes we might not otherwise commit. We can get real stupid.

Remember H.A.L.T.S. These conditions rob us of our resolve.

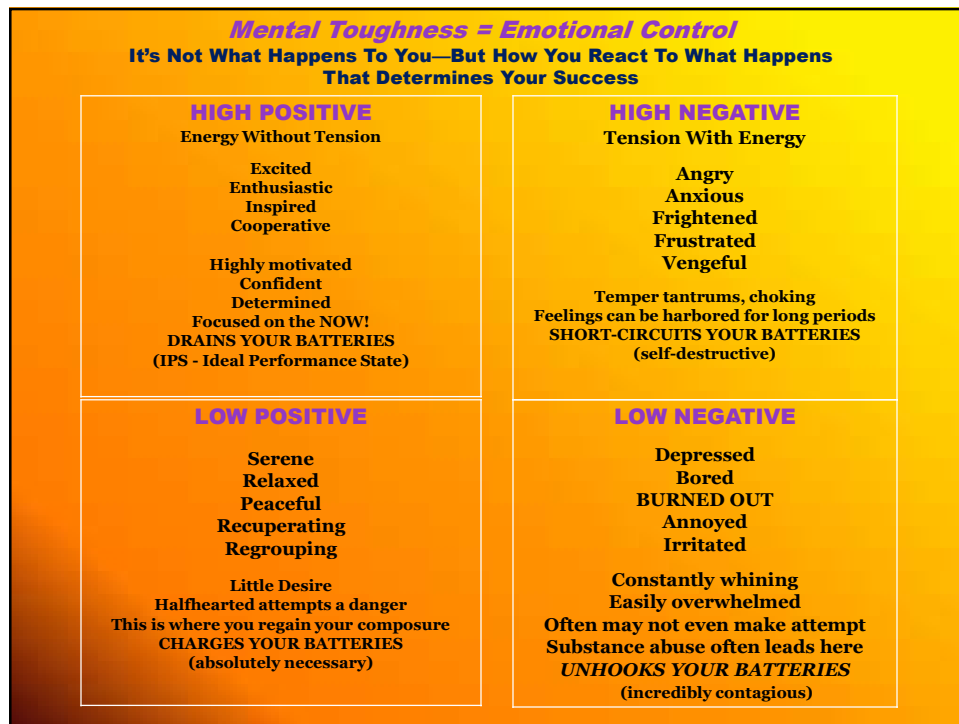
Don't allow yourself to get too:

- **HUNGRY** - watch blood sugar levels, drink plenty of water.
- **ANGRY**
- **LONELY** - poor personal relationships detract from our performance.
- **TIRED** - proper rest and conditioning are mandatory.
- **SURPRISED** - Don't be caught off guard by situations you could have predicted. Use visualization if necessary to practice a better response to common occurrences with which you are not presently dealing with well.

17



18



19

Michigan Women's Basketball Team

Take a Deep Breath

**IN THROUGH THE NOSE, OUT
THROUGH THE MOUTH**

**STICK STOMACH OUT TO DIRECT
BREATH TO THE DIAPHRAGM**

EXHALE LIKE DARTH VADER

20

STRETCH

Tendon Guard Reflex Reaction

CALF PUMP



The Calf Pump helps you be more motivated and ready to move. We do it whenever we feel “stuck.” As you lean forward and exhale, press the back heel gently to the ground. As you release, lift your heel up and take a deep breath. Repeat three times on each side. The more you bend the forward knee the more lengthening you feel in the back of the calf.

21

GOYA

**Get Off
Your
Attitude**

22



23