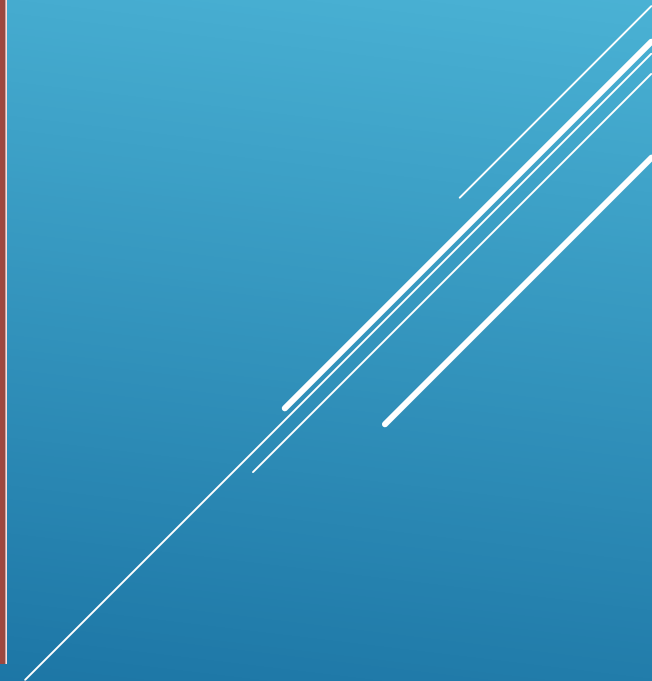


THE FUTURE FOR YOUNG PEOPLE?



20% POPULATION FLOURISHING?

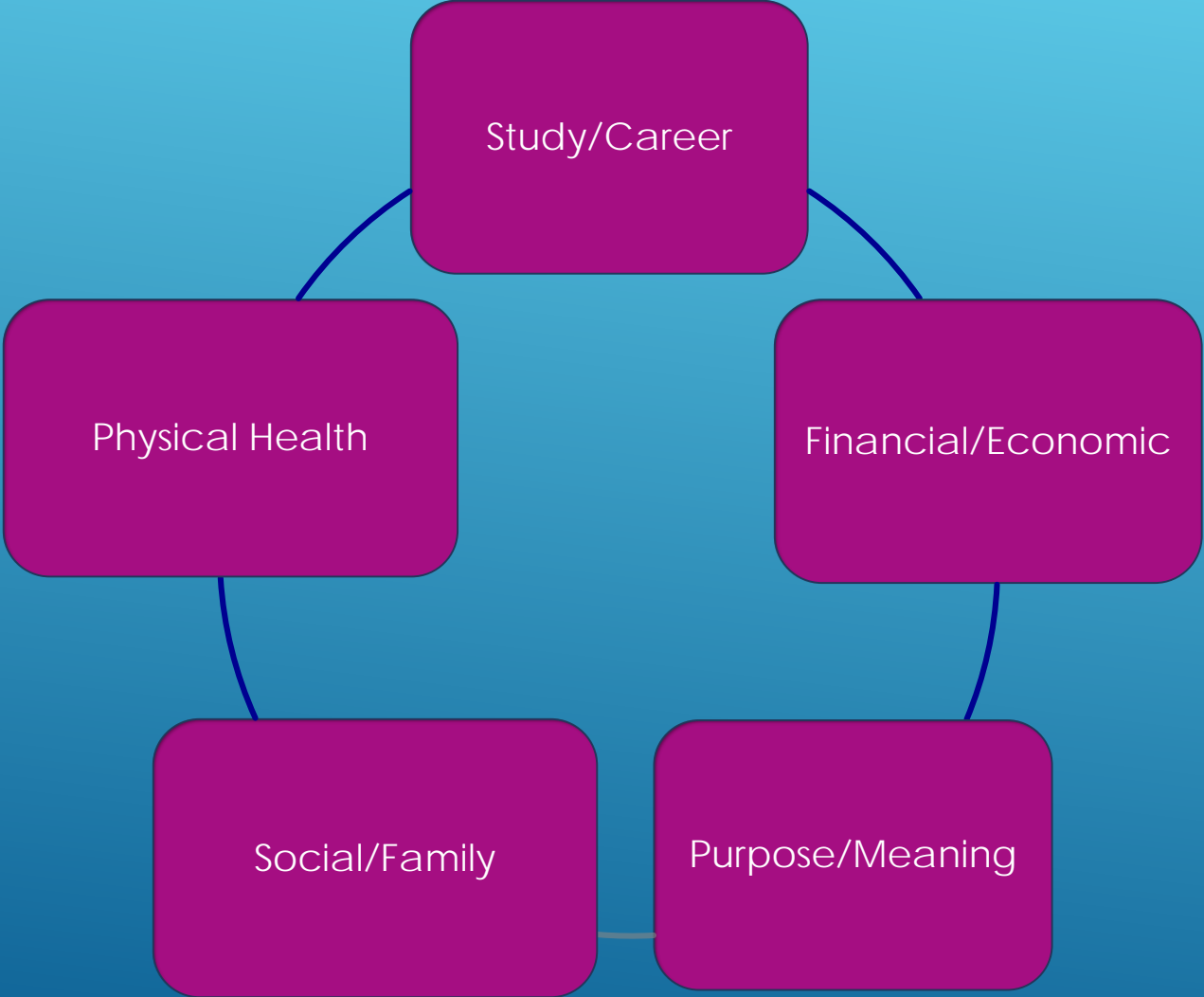


THE REALITY...

Increasing..

- ▶ Unhappiness
- ▶ Stress & Anxiety
- ▶ Hopelessness
- ▶ Depression
- ▶ Addiction

WELL-BEING DOMAINS



PREDICTORS OF WELL-BEING & SUCCESS

Not I.Q., test grades, £££ but...

- ▶ **Character & Life Skills incl. GRIT**
- ▶ **Emotional Health**
- ▶ **Social Support (Relationships)**

WHAT IS MENTAL TOUGHNESS?

“The quality which determines, in large part how people respond to challenge, stress & pressure....”

Strycharzyck (2014)


RESILIENCE

- ▶ **Coping & bounce-back** - from setbacks and adversity
- ▶ **Internal Assets** – Optimism, Humour, Self-efficacy, Autonomy
- ▶ **Protective Factors** – Family, School, Community....
- ▶ **Reactive**

MENTAL TOUGHNESS (HARDINESS)

- ▶ **Change & Challenge** – is normal remaining healthy under stress
- ▶ **Active involvement** - Seeking & stepping in to challenge
- ▶ **Self-belief** – can influence & control
- ▶ **Pro-active**

MENTAL TOUGHNESS IS..

- ▶ Not about being macho or male dominated
 - ▶ Not about being self-centred or uncaring
 - ▶ Not just about winning and sport
 - ▶ Not about everyone being mentally tough all the time
 - ▶ It depends on situation and role
 - ▶ It can be overplayed
 - ▶ **Mental sensitivity is also important**
- 

THE 4 CS

Challenge

- **Opportunities or Threats?**
- **Seeking out** challenges
- **Learning** from experience – set backs are opportunities for growth – Learning Mindset

Commitment

- **Goal setting** – I know what I want to do
- **Achieving** – I'll do what it takes to get there – Grit & 'Stickability'
- **Managing** distractions & meets deadlines

Control

- **Life control** – I believe I can really do it - self worth
- **Emotional control** – I can manage mine & others' emotions

Confidence

- Able to bounce-back & recover from setbacks
- **Abilities** – I believe I have or can acquire the skills I need
- **Interpersonal** – I can influence others, stand my ground & ask for help when needed

MEASURING MENTAL TOUGHNESS

▶ **MTQ48**

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BUILDING MENTAL TOUGHNESS

Ideas drawn from sports, positive & coaching psychology, neuroscience, bio-feedback technology

- ❑ Emotional Control
- ❑ Positive Thinking
- ❑ Learned Optimism
- ❑ Visualization
- ❑ Attention Training
- ❑ Strengths Use
- ❑ Goal Setting
- ❑ Coaching

No one size fits all!

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.