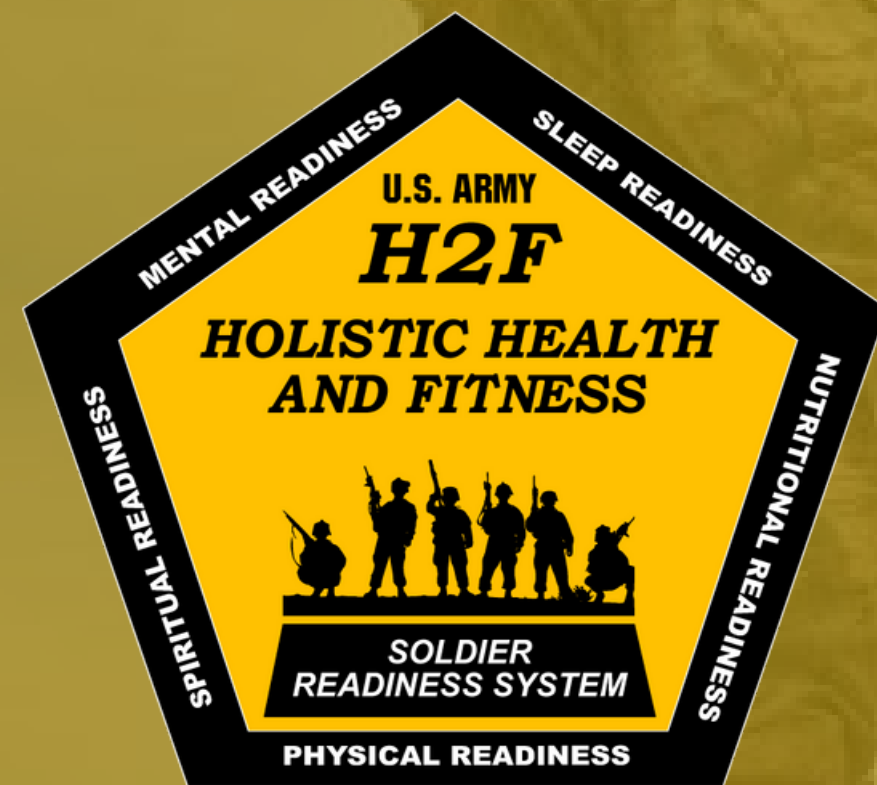




Mental Readiness

Agenda



- ▶ Introduction to Mental Readiness
- ▶ Identify H2F Mental Readiness
- ▶ Identify Mental Readiness Principles
- ▶ Identify Mental Readiness Capabilities
- ▶ Identify how Mental Readiness is being implemented within the H2F System
- ▶ Check On Learning
- ▶ Summary

H2F READINESS DOMAINS

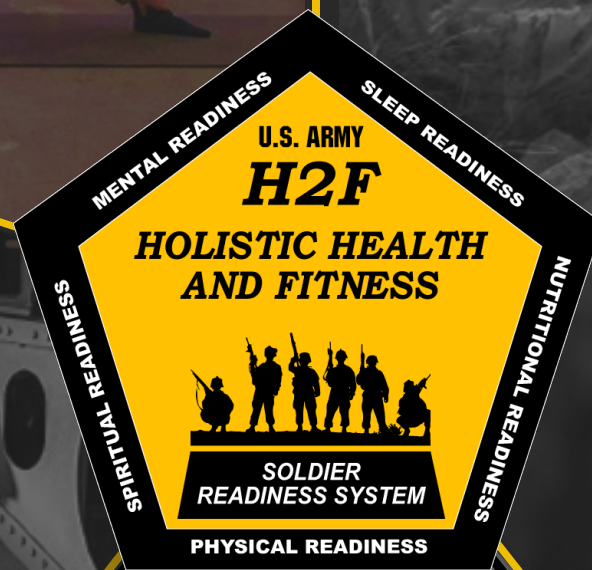
Mental
Readiness

Sleep
Readiness

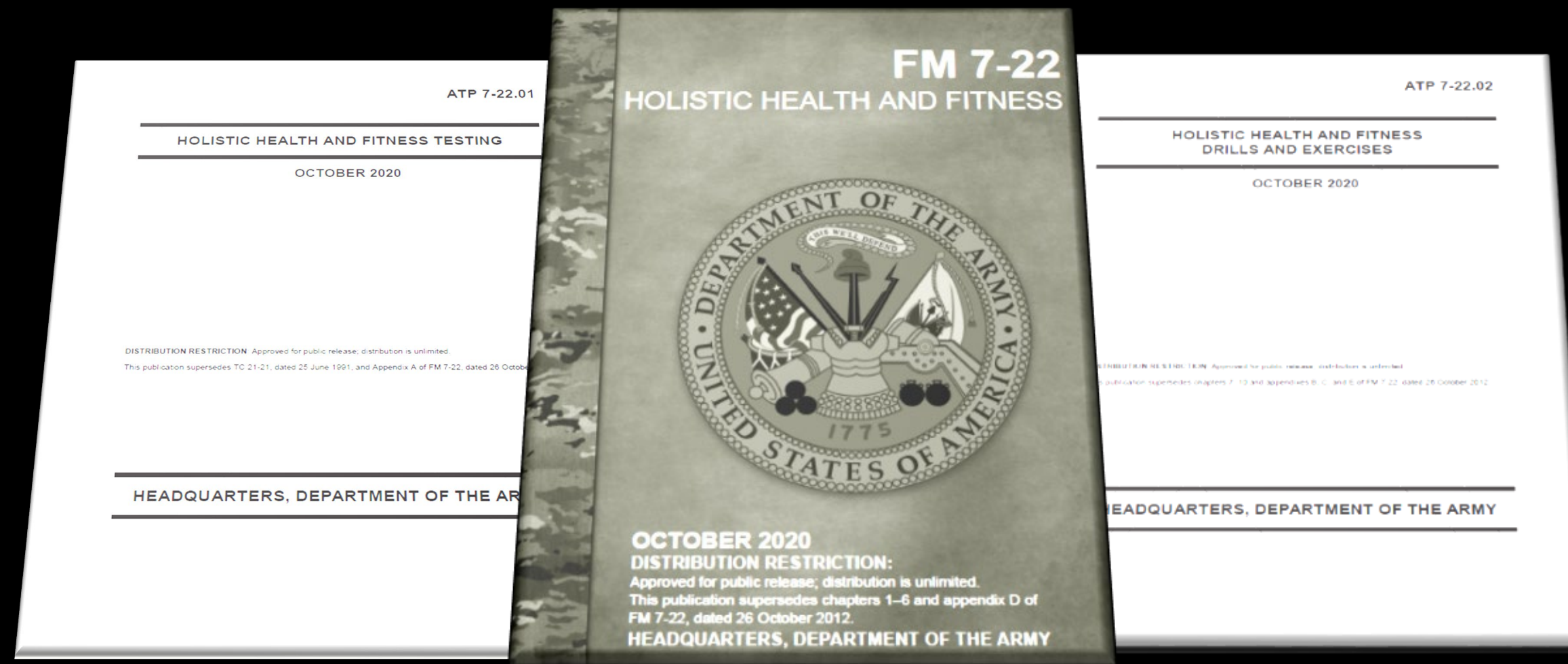
Spiritual
Readiness

Nutritional
Readiness

Physical
Readiness



Doctrine



FM 7-22, Chapter 9: Mental Readiness



Introduction to Mental Readiness

- Mental readiness is an individual's or team's ability to think, feel, and act in a manner that optimizes performance in a demanding environment or with occupational and combat-specific tasks
- Mental readiness includes the ability to integrate cognitive, emotional and interpersonal capabilities
- Mental readiness, like physical readiness can be improved and requires intentional training to achieve peak levels of performance





Mental Readiness Principles

- **Communication Skills**
- **Life Balance**
- **Goal Setting**
- **Breathing**
- **Healthy Habits**
- **Mindfulness**
- **Stress Management**
- **Sleep Hygiene**





Why do we need Mental Readiness

- **Mental Readiness is necessary to perform various capabilities?**
 - **Train Soldiers**
 - **Develop resilient Soldiers**
 - **Develop Leaders**
 - **Understanding the mission**





Mental Readiness Capabilities

- **Cognitive Capabilities-** refers to your ability to process large amounts of information and make sound decisions using skills that include memory, attention, problem-solving, decision-making, judgment, reasoning, and learning
 - **Cognitive Load-** how much information can you memorize in a short time period to learn something new
 - **Emotional Capabilities-** refer to your ability to control your reactions to highly emotional events
 - **Interpersonal Capabilities-** refers to your ability to get along with your team and to build healthy and trusting relationships that are long-lasting





When does Mental Readiness begin

- Mental readiness begins now and starts with self-awareness
- Mental readiness, like physical readiness can be improved and requires intentional training to achieve peak levels of performance
- Many organizations, from professional sports teams to special operations groups, value mental readiness
- Soldiers' roles and jobs change, complicating the requirements for sustained character and psychological training across a Soldier's lifecycle
- Individualized intervention has enormous value in crisis situations such as the prevention of drug and alcohol abuse, misconduct behavior, safety violations, and suicide





When does Mental Readiness begin?

- Soldiers must possess exceptional mental flexibility and endurance, morals and ethics, self-initiative, and an ability to operate within the commander's intent
- Mental readiness is a foundational consideration in the H2F System. It includes the integration of cognitive, emotional, and interpersonal capabilities
- Within the H2F System, teams are staffed and resourced to support leaders and individuals in the training of mental readiness
- Leaders should seek their assistance to enable them to focus time and energy on primary functions while mental readiness improvement can be trained by experts in an appropriate, effective, and efficient manner





Mental Readiness being implemented?

➤ H2F System

- Performance team experts are staffed and resourced to support leaders and individuals in the training of mental readiness
- Trained experts focus on mental readiness improvement in an appropriate, effective, and efficient way



➤ Leaders

- Leadership are encouraged to seek support from H2F teams
- Leaders can strategically help develop mental readiness capabilities in their Soldiers using the Goal, Plan, Do, Check strategy





Mental Readiness being implemented?

- **GOALS** are established by Soldiers along with H2F performance team experts using SMART and must be specific to a task.
 - S- for specific
 - M- for measurable
 - A- for attainable
 - R- for relevant
 - T- for time period to obtain goal





Mental Readiness being implemented?

- Plans are developed by leaders in order to assist Soldiers with accomplishing their mental readiness capability goals.
 - How Soldiers will be coached
 - Tactics, techniques and procedures used
 - Actions are taken to do the plan by Soldiers and the team to achieve the goal
 - Doing the plan is the action or actions taken by the Soldier and team to achieve the goal





Check on Learning



Q. What is mental readiness?



A. Mental readiness is an individual's or team's ability to think, feel, and act in a manner that optimizes performance in a demanding environment or with occupational and combat-specific tasks.



Q. What publication and chapter is Mental Readiness in?



A. FM 7-22 Chapter 9



Q. How is mental readiness applied in your daily activities?



Q. What are the three interrelated capabilities of mental readiness?



A. Cognitive, Emotional, and Interpersonal



Q. What does the acronym SMART refer to within H2F?



**A. *S- for specific *M- for measurable *A- for attainable
*R- for relevant *T- for time period to obtain goal**



Q. Plans are developed by _____ in order to assist Soldiers with accomplishing their mental readiness capability goals?



A. Leader



Summary

In this lesson we covered:

- What is Mental Readiness
- Why do we need Mental Readiness
- When does Mental Readiness begin
- Identify how Mental Readiness is being implemented within the H2F System
- See the FM 7-22 for more detailed information to better understand Mental Readiness.





Questions?