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# Building Mental Resiliency Navy Seal Style



## Eat The Elephant

How do you do this?  
Well, one piece at a time.  
**Segmentation** will help you tackle your big challenges that are occurring in your life.



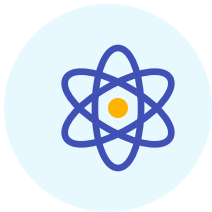
## Visualization

Imagine in the greatest detail how you view success.  
Make sure it is;  
**-Vivid and detailed**  
**-Repeat the images**  
**-Make the images positive**  
**-Imagine the consequences**  
Then apply to your life....



## Emotional Control

The Navy Seals use something that is called **4 by 4 by 4**  
Reduce the **Amygdala Hijacking** of your mind.  
**1. Breathe in for 4 seconds**  
**2. Breathe out for 4 seconds**  
**3. Repeat for 4 minutes**



## Non-Reactivity

We cannot control the outside world, but we sure can control how we interpret it.  
**Reframe** the way you see the world and situations around you.



## Celebrate The Small Victories

**Find Daily Gratitude.**  
Yes, even Navy Seals embrace living in the moment and being appreciative for the small things in life.  
Feed your morale.



## Find Your Tribe and Necessity

Research shows if you **Find Necessity** in your life, then that creates more meaningful experiences.  
Find those that support you and that bring out the best in you.