



# HUMAN PERFORMANCE PROJECT

— Illinois —

CHOOSE OPTIMAL • TAKE THE LEAD • ACHIEVE TOGETHER

## MOOD AND MINDSET



### BE A STUDENT COMMITTED

Hold yourself and others accountable to making optimal decisions about health and wellness, being role models for positive behaviors and attitudes, and being dedicated to the process of establishing a culture of excellence and living high standards.



SCAN FOR MOOD AND  
MINDSET WEBPAGE

# THE IMPORTANCE OF MOOD AND MINDSET

Your ability to perform at your best is highly influenced by how you're feeling (**your mood**) and what you're thinking (**your mindset**). Our moods can be a constant roller coaster of positive and negative feelings and emotions. Taking the time to understand and reflect on how you are feeling at any given moment and the reaction that it brings up are important aspects of being a **Student Committed**. Your mood and mindset are major factors in your ability to perform optimally.

**"TO KNOW YOURSELF YOU MUST SACRIFICE THE ILLUSION THAT YOU ALREADY DO."**  
**-VIRONIKA TUGALEVA**

## SELF-AWARENESS

Self-awareness is the ability to know and understand your own body, emotions, and surroundings. This understanding enhances your mood and mindset and gives you the ability to navigate your thoughts, feelings, and attitudes in any circumstance. Self-awareness is a practice and will help you become more resilient and persistent. These six subjects are ways to practice self-awareness in your everyday life:



**"LIFE IS TEN PERCENT WHAT HAPPENS TO ME AND NINETY PERCENT HOW I REACT TO IT."** **-JOHN MAXWELL**

When it comes to mood and mindset, the outcome is impacted by your attitude. Take a step back and think about the equation  $E + R = O$ .<sup>1</sup> **What outcome are you looking for, and how can you adjust your reaction to help you get there?** You can't control the event, but you can control your response and in turn that will affect the outcome.

$$E + R = O$$

Event + Response = Outcome

EVENT	REACTION	OUTCOME	MINDSET
Pop quiz in math	I feel panic! I am going to fail.	I feel upset and keep thinking about how unfair that pop quiz was.	<b>Fixed mindset:</b> shows the person stuck in their negative feelings about this event
Pop quiz in math	I feel panic, but all I can do is try my best.	I can move on in my day and know I tried my best regardless of the outcome.	<b>Growth mindset:</b> shows the person can navigate their feelings and move on from a challenge



# STRESS

Stress is the physical or psychological response to an event, such as having a big test to study for or having an injury.<sup>2</sup> Stress is a natural human response that can have positive and negative impacts on the body. It can help the body stay focused and increase alertness, but stress can also impact our ability to get optimal sleep, affect our immune system, and our overall health. Our bodies can manage stress physically, mentally, and through our actions.



## STRESS MANAGEMENT THROUGH THE MIND

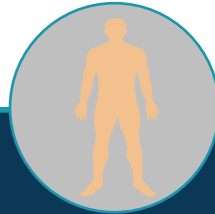
Consider the equation:  
 $\text{EVENT} + \text{RESPONSE} = \text{OUTCOME}$

Engage in self-awareness practices.

Focus on pursuing a growth mindset.

Engage in breathing exercises such as 3-4-5 breathing.

Accept the things you cannot control and focus on the things that you can control.



## STRESS MANAGEMENT THROUGH THE BODY

Remain active throughout the day by walking, stretching, or other forms of physical activity.

Choose a substance-free lifestyle.

Establish a sleep routine and prioritize getting 7-8 hours each night.

Consume less than 100 mg of caffeine a day or less and try to avoid caffeine after 2 p.m.

Fuel your body with well balanced meals that nourish your mind and body.



## STRESS MANAGEMENT THROUGH ACTIONS

Identify someone in your support system that you feel comfortable talking to.

If you find yourself getting overwhelmed, take a time out and count to 10.

Verbalize something you're grateful for every day.

Engage in grounding activities that help you be present in any moment.

Try the 80-20 audit by identifying your stressors and developing action steps to address them.<sup>3</sup>

## MOOD AND MINDSET AND OTHER MODULES

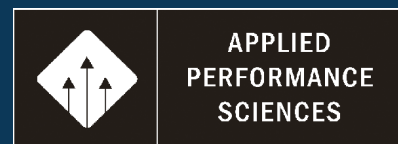
<b>SLEEP</b>	It only takes a few nights of shortened or restricted sleep to impact our mood and our ability to regulate our emotions.
<b>NUTRITION</b>	Our mood is impacted by the food choices we make. When it comes to nutrition, eating well balanced meals support a healthy mind and body. <sup>4</sup>
<b>CHEMICAL HEALTH</b>	Choose to live a substance-free lifestyle and learn the science behind how substances impact our performance, overall health, and well-being.

## References

1. Jack Canfield (2023) Control your destiny with the success formula, Jack Canfield. Available at: <https://jackcanfield.com/blog/the-formula-that-puts-you-in-control-of-success/> (Accessed: January 31, 2023).
2. I'm so stressed out! fact sheet (no date) National Institute of Mental Health. U.S. Department of Health and Human Services. Available at: <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet> (Accessed: January 31, 2023).
3. Valvano, L. (2019) The 80/20 Time Management Technique, The Stress Management Society. Available at: <https://www.stress.org.uk/simple-ways-to-change-your-mind-2/> (Accessed: February 2, 2023).
4. Food and mood (2022) [www.heart.org](http://www.heart.org). Available at: <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/food-and-mood> (Accessed: January 31, 2023).



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## Life of an Athlete Human Performance Project