



Why ?

Mental
performance

Anticipate
-
Plan

Cognitive
tools

Mental training for stressful situations





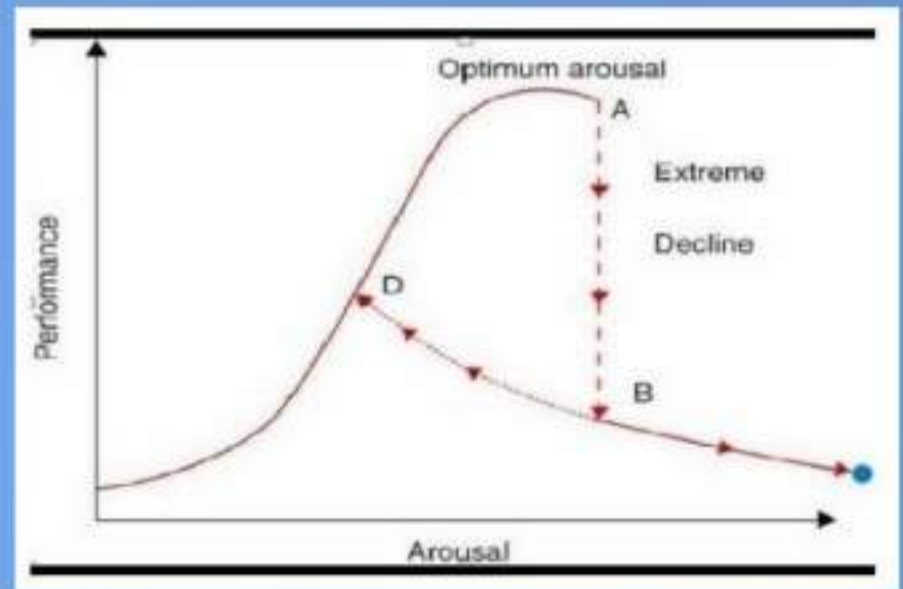
➤ Avoid underperformance

➤ Gain in motivation and resilience

Underperformance :
Acute and considerable decrease in skill execution when self-expected standards are normally achievable

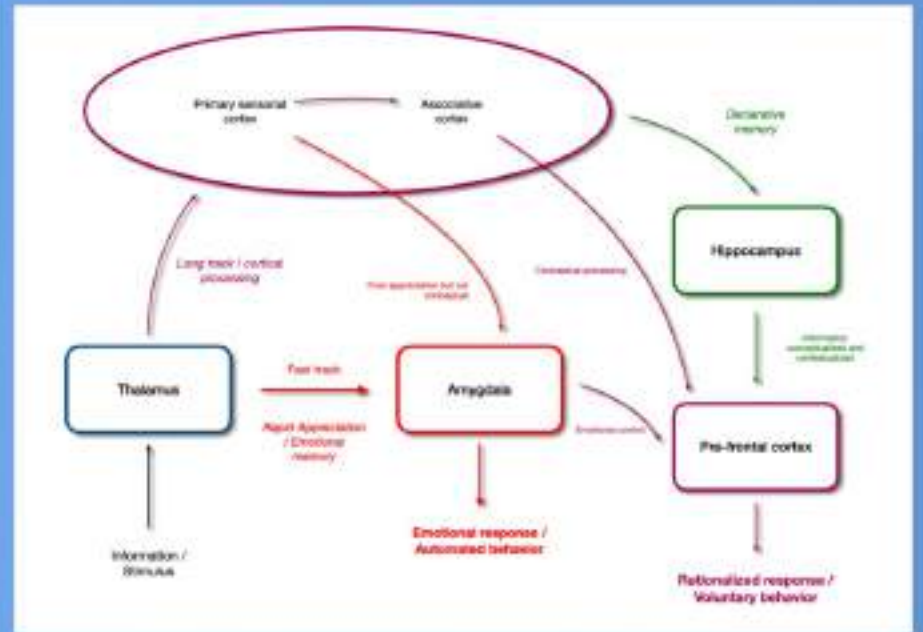


▶ Catastrophe theory





Emotional imprint





► Med Stressful situations : Trauma triggers

- Multiple wounded
- Pediatric deaths or disease
- High number of deaths
- Massive casualties triage
- Colleague(s) deaths or disease
- Being wounded oneself
- Feeling his own life's threatened





➤ Med Stressful situations : Cumulative stressors

- Painful patients/yelling/crying
- Have to abandon some patients
- No possibilities to perform sufficient care
- Multiple contacts with patients' families
- Doing things outside our skills
- Unhealthy / unsafe working conditions
- Concern for loved ones
- Fear of infectious/toxic agents



Stressful situations





Stressful situations





Critical action in a stressful situation





Critical action in a stressful situation

- Require full attention on the process
- Result expected
- Negative consequences in case of failure
- Can compromise the action of the whole team





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Dr Fabien RAMON

October 21, 2022

www.power-strategy.com docteurfabienramon@gmail.com +971585457318



Components of Mental Performance





Components of Mental Resilience





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▶ ANTICIPATE

- Emotional response
Irritability, Anger, Sadness,
Guilt, Worry, Fear, Apathy,
Hate, Complaint, Blame
- Cognitive response
Confusion, memory
problems, attention or
concentration difficulties



▶ ANTICIPATE

- Physiological response
Pain, muscle tension, feeling of intense physical fatigue, difficulty falling asleep, watery eyes
- Behavioral response
Expressions of anger/irritability, alcohol/drug use, heavy smoking, withdrawal, isolation, over-investment in work, self-abandonment



▶ PLAN

- What are my expected stress responses?
- What will be the most stressful aspects for me during the crisis?
- Who are the people who can support me during the crisis / who can I contact if I need help?
- What coping tools and strategies do you already identify as useful for you?
- What are my resilience factors and strengths to cope with the crisis?



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Breathing techniques

Randomized Controlled Trial > *Neurol Sci*, 2017 Mar;38(3):451-456.
doi: 10.1007/s10072-016-2790-8. Epub 2016 Dec 19.

The role of deep breathing on stress

Valentina Perclavalle ¹, Marta Blandini ², Paola Fecarotta ³, Andrea Buscemi ³,
Donatella Di Corrado ⁴, Luana Reritolo ², Fulvia Fichera ², Marinella Coco ⁵

Affiliations + expand

PMID: 27995346 DOI: 10.1007/s10072-016-2790-8

JBI Database System Rev Implement Rep, 2016 Jun;16(6):1367-1372.
doi: 10.11124/JBIRSR-2017-003477.

Effectiveness of diaphragmatic breathing on physiological and psychological stress in adults: a quantitative systematic review protocol

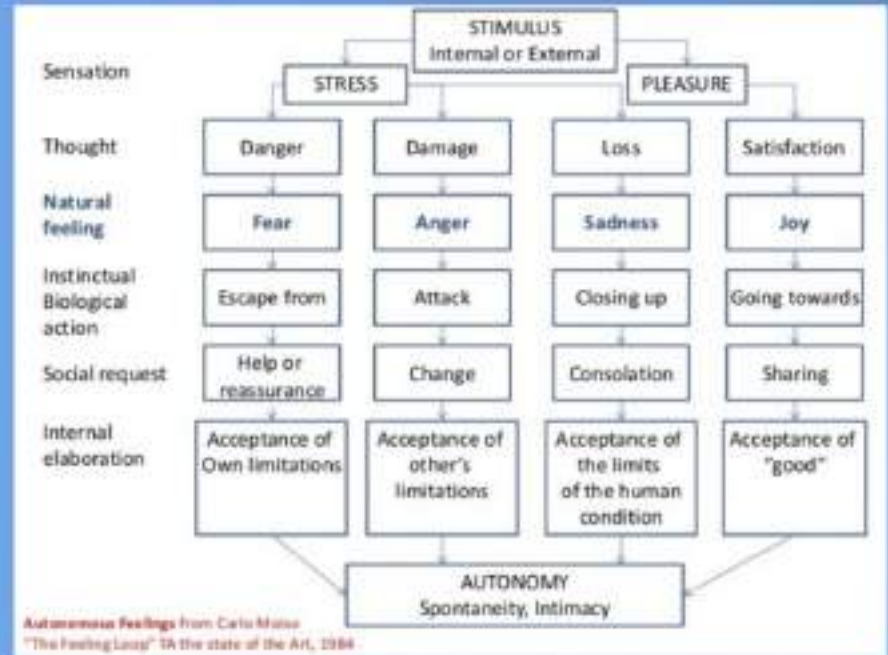
Gavan J Hopper ^{1,2}, Sherrie L Murray ^{1,2}, Lucile R Ferrara ^{1,2}, Joanne K Singleton ^{1,2}

Affiliations + expand

PMID: 29894405 DOI: 10.11124/JBIRSR-2017-003477



Understand emotions



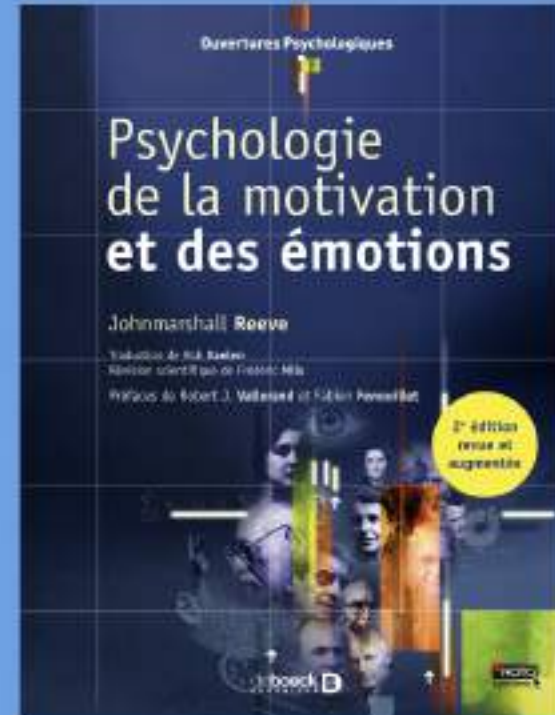


Develop your inner core



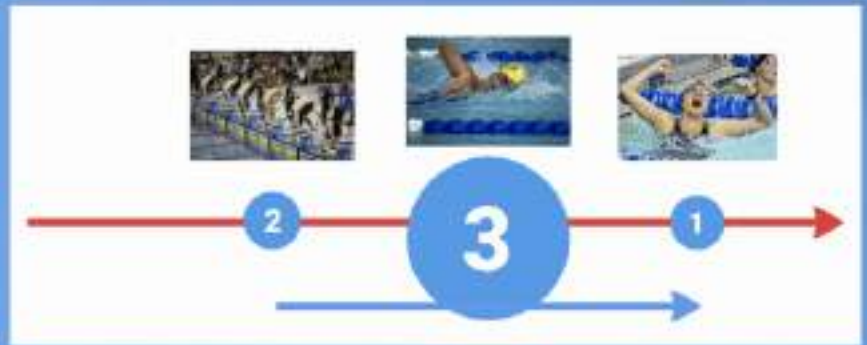


Develop your inner core





Use Mental Projection / Mental Rehearsal





Design an action bubble





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