

Why ?

Mental
performance

Anticipate
-
Plan

Mental training for stressful situations

Cognitive
tools



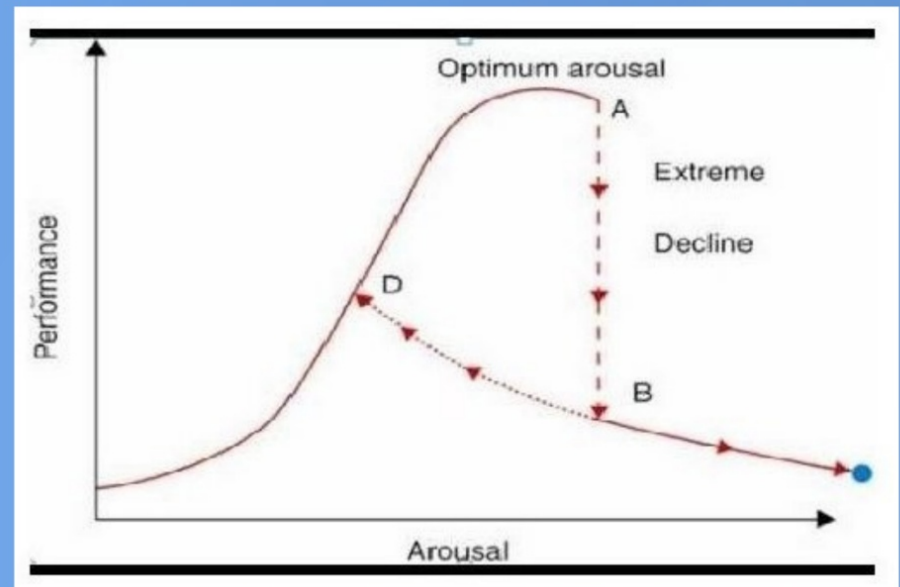
➤ **Avoid underperformance**

➤ **Gain in motivation and resilience**

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

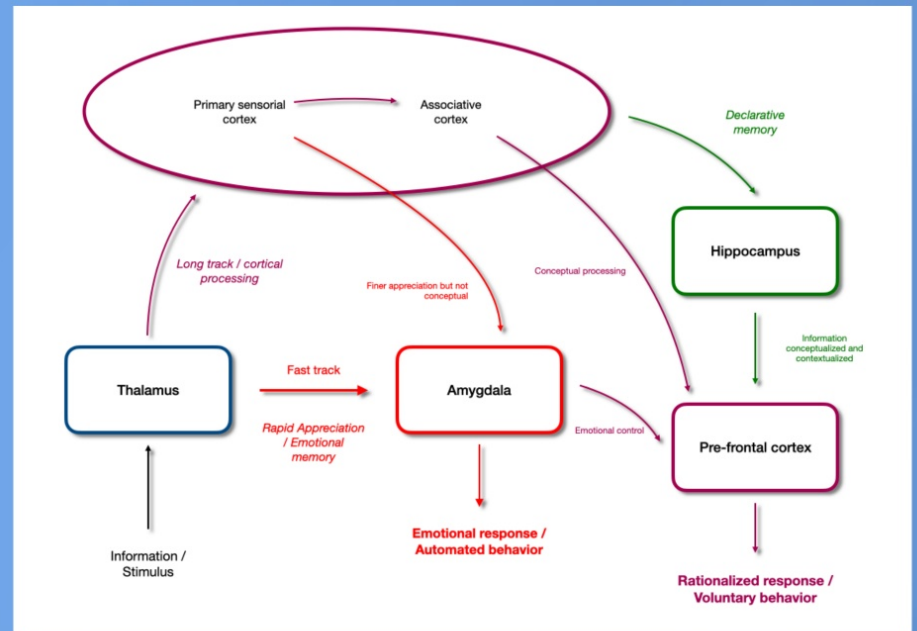


► Catastrophe theory





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

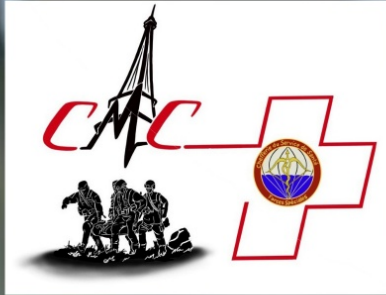




Critical action in a stressful situation

- 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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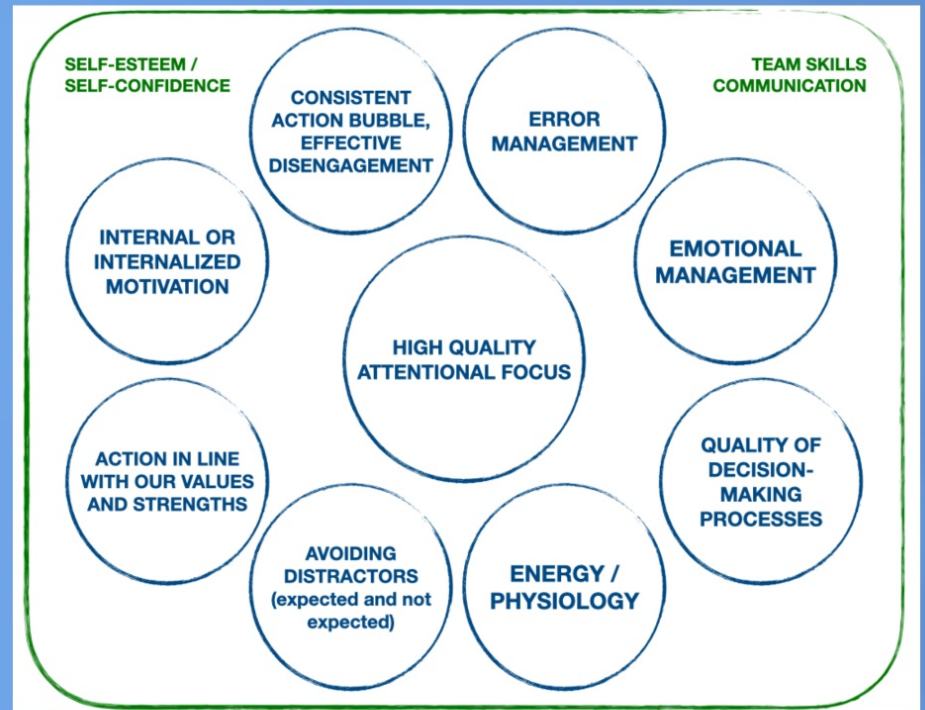
Dr Fabien RAMON

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):451-458.

doi: 10.1007/s10072-016-2790-8. Epub 2016 Dec 19.

The role of deep breathing on stress

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

Affiliations + expand

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

> *JBISIRIR* 2017 Jun;16(6):1367-1372.
doi: 10.11124/JBISIRIR-2017-003477.

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

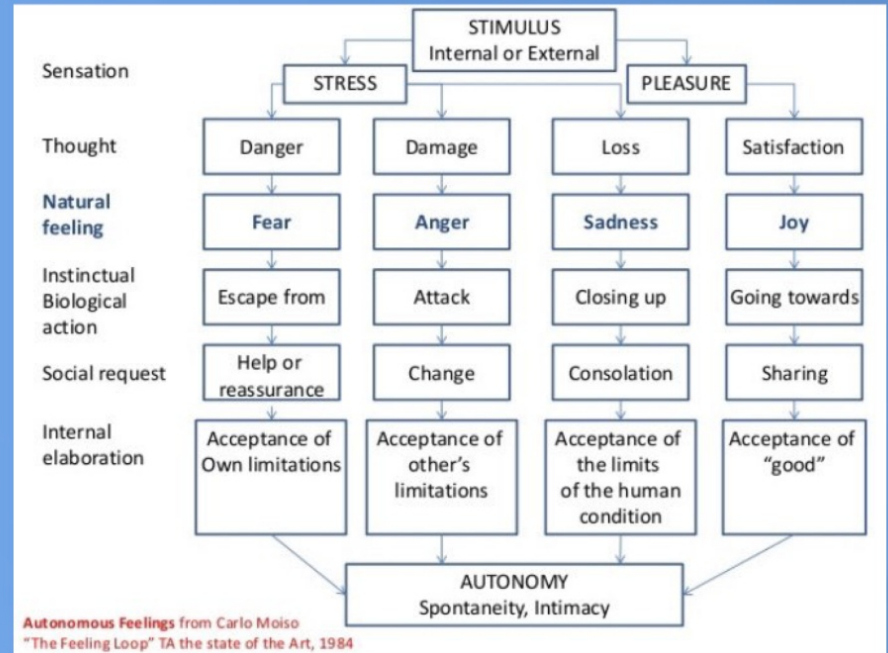
Susan I Hopper ^{1 2}, Sherrie L Murray ^{1 2}, Lucille R Ferrara ^{1 2}, Joanne K Singleton ^{1 2}

Affiliations + expand

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



Understand emotions



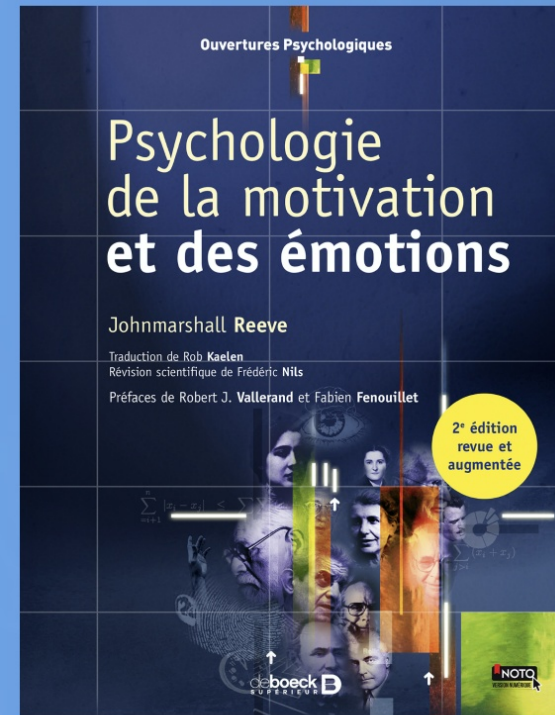


Develop your inner core



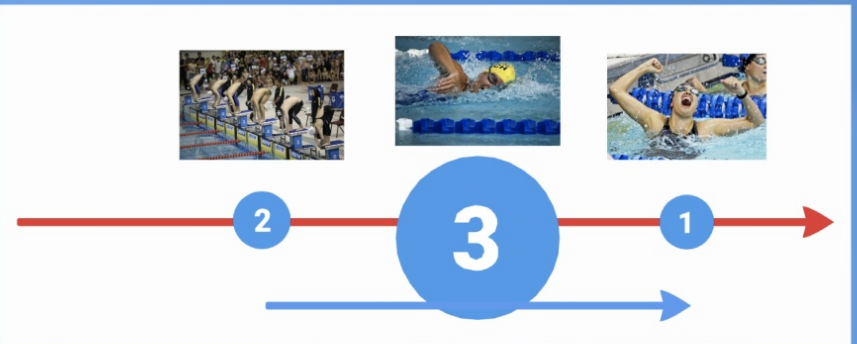


Develop your inner core





Use Mental Projection / Mental Rehearsal





Design an action bubble



Bulle mentale



Entrée de bulle

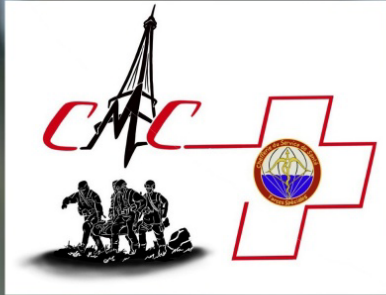


**BULLE
D'ACTION**



Sortie de bulle





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