



PALLEN'S
MARTIAL ARTS™

PARENTS

JUNE 2022

PERCH

MENTAL STRENGTH

**“Strive together,
Thrive together.”**

Young students: “My strong brain helps me to do tough things!”

Older students/teens/adults: To regulate emotions, manage thoughts and take positive action even when challenged.

- WEEK 1** Mental Strength defined: What is it and how can I use it?
- WEEK 2** Emotions: How can I regulate my emotions even when challenged?
- WEEK 3** Thoughts: What thoughts serve me and what thoughts hurt me?
- WEEK 4** Actions: What do mentally strong people do or not do?

Dear Family,

This month we will focus on the concept, “mental strength.”

Mental strength refers to regulating emotions, managing our thoughts and taking positive action even when challenged or uncomfortable. People who are mentally strong know that taking action and withstanding discomfort isn't easy, but they do it anyway as it is part of moving forward in life.

Let's de-construct this further:

(1) Managing our emotions: When we manage our emotions, it doesn't mean brushing them under the rug and putting on a front. Rather, it means that we understand the role our emotions play in our way of thinking and acting. We might acknowledge our emotions while still not allowing those emotions to get in the way of our goals or progress.

(2) Staying in charge of our thoughts: When in the face of

hardship, challenge or even tragedy, some thoughts serve us while others hurt us. When we regulate our thoughts, we might dismiss doubt and self criticism and embrace positive thoughts, self-kindness and mindfulness.

(3) Behaving in productive ways: People who are mentally strong, while acknowledging discomfort and actively changing negative thoughts, will still take positive action as they know this will make a needed or wanted difference in their lives. They may need to struggle, delay gratification or straddle hurdles to get there but they will do it as this is necessary to become the best version of themselves.

Mental strength varies for different people-- but both adults and children can exhibit it. Amy Morin, the author of “13 Things Mentally Strong People Don't Do,” explained it this way on the How to Talk to Kids about Anything Podcast with Powerful Words creator, Dr. Robyn Silverman: “There's no timeline

for mental strength. For some people, maybe it's just one month and they feel they've taken a huge leap. For other people, they might feel that it's been 30 days and they are still taking baby steps. But as long as you are taking steps in the right direction, that's okay! Just keep moving.”

Perhaps it's not surprising that most elite athletes report that at least 50% of superior athletic performance is due to mental strength and other psychological factors. We must be able to stay in control of our thoughts, emotions and actions if we are going to reach our fullest potential in any field.

Here's to mental strength!

Best Regards,
—Your Motivated and Dedicated
Instructors