

WRAIR'S GUIDE TO PERFORMANCE AND RESILIENCE ENHANCEMENT

Introduction:

Two of the most important, and limited, resources during combat are attention and energy. The skills listed below are designed to help you better manage these resources. To maximize your resilience and performance, practice these skills on a regular basis.

ACCEPTANCE Moving attention away from things that cannot be changed.



when :

- » Use this skill when something you cannot control is using up your valuable attention and energy resources.
- » For example, you can use this skill when you are frustrated because you were given orders to work a second shift.

how :

- » Ask yourself: "Can I change it?"
- » Then accept what cannot be changed. Identify what you can change—and focus on these aspects instead.



BUILD YOUR SKILL

- » Write down a short phrase you can use to help remind yourself to let go of the "uncontrollables" and focus on the "controllables".
 - » For example: "let it go"; "it is what it is"; "don't cry over spilled milk."
- » Identify a phrase that is meaningful to you.

W.I.N. Focusing attention on mission-critical tasks.



when :

- » Use this skill when there are many demands for your attention, making you feel overwhelmed.
- » For example, you can use this skill if you need to apply casualty care when under fire.

how :

- » Ask yourself: "What's Important Now?"
- » Then focus your attention and energy on the most important aspects of the mission or task.



BUILD YOUR SKILL

- » Write down a list of tasks you need to complete in the next week. Think about which tasks are most important now. What is one task you can complete today?

DELIBERATE BREATHING Taking slow, deep stomach breaths.



when :

- » Use this skill when you feel overwhelmed or anxious and need to relax or regain composure.
- » For example, you can use this skill if you need to lower your anxiety before clearing a room.

how :

- » Take slow, deep breaths using your stomach, instead of your chest and shoulders.
- » Count to 5 while breathing in; count to 5 while breathing out



BUILD YOUR SKILL

- » Take a few quick, shallow breaths. Notice how you breathe into your upper chest and shoulders.
- » Now practice deliberate breathing for two minutes.

SELF-TALK & BUDDY-TALK Using motivational words and phrases.



when :

- » Use this skill when you or your buddy needs a boost in confidence, motivation, or attention.
- » For example, you can use this skill if you have doubts about your ability to properly complete a nine-line report

how :

- » Use motivational words or phrases that will increase confidence and improve focus on the task at hand.
- » For example, "I've been trained for this." "I got this." "You got this." "I need your attention on the mission right now; let's go."



BUILD YOUR SKILL

- » Write down a short phrase you can use to increase your or your buddy's confidence when either of you have doubts about your ability.
- » Think about specific doubts you or your buddy have, and identify a phrase that is meaningful to you.

GROUNDING Bringing attention back to the present moment.



when :

- » Use this skill when you find your focus is not on the present moment—you are thinking about the past or the future.
- » For example, you can use this skill if you are having a hard time focusing while on listening post/observation post duty.

how :

- » Identify 3 things you see, hear, and feel (externally) in your present surroundings.



BUILD YOUR SKILL

- » Where is your focus right now? Are you in the present moment? If not, use the grounding skill to reorient to the present moment.

PERSONAL AAR Identifying areas to sustain and improve.



when :

- » Use this skill after you have completed a mission or task and have time to reflect in order to build your confidence and competence.
- » For example, you can use this skill after reacting to enemy contact while on patrol.

how :

- » Ask yourself: What did I do well ("sustains")? How can I make sure I continue to do this in the future?
- » Ask yourself: What do I need to improve? What, specifically, can I do to improve this the next time?



BUILD YOUR SKILL

- » Conduct a Personal AAR for a recent performance or training event. Think about specific strategies you can use in similar situations in the future.