

Resilience Spotlight

NGB Ready & Resilient Schoolhouse



MRT Skill: Energy Management

What is the skill?

Energy Management is a skill to help us recognize how we need to feel emotionally and physically in order to perform at our best, as well as understand several strategies to manipulate our energy levels to be as optimal as possible.

What competency does the skill build?

The skill of Energy Management builds the competency of **Self-Regulation** by leveraging our mind-body connection to control our physiology in order to perform optimally.

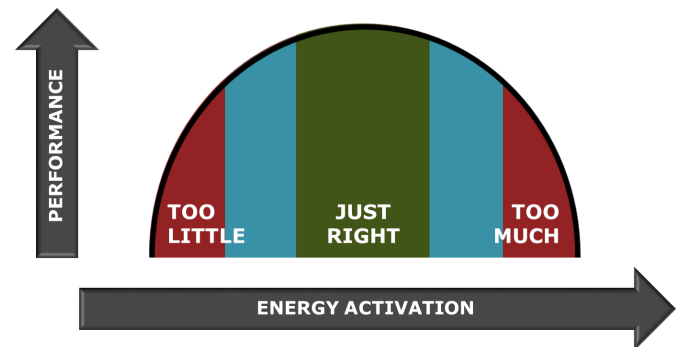
Get in the Zone

Based on research by Robert Yerkes, John Dodson, Miia Jokela and Yuri Hanin

The level of physiological energy we have activated at a given moment affects how well we perform.

In general, if we have too little energy, we will perform poorly, but we also won't do well if we have too much energy for the given task—consider trying to speak in public when you are shaky, sweaty, and nauseous.

For any given performance we have, we each have an ideal level of energy activation at which we perform at our best, called our **Individual Zone of Optimal Functioning**. This ideal level of energy will be different depending on the person and also depending on the performance.



Strategies to Manage your Energy

When you recognize that you don't have your ideal level of energy, use one of the strategies below to change it

Proactively plan your thoughts

Our thoughts impact how we feel, both emotionally and physically, so we can deliberately think about something to help us calm down, amp up, or feel more confident.

"I've been training for this race for months, I'm ready."

"Smooth and strong"

Deliberate Breathing

Taking slow, even, deep breaths sends signals to our brain telling our body to relax and triggering a calming response. With consistent practice, it will only take a few breaths to trigger the effect.

Breathe into your belly for a count of 5 seconds in and 5 seconds out for a period of several minutes

Apply it

Regulate your Energy to consistently perform your best

Know your Zone

For every performance you have, know what level of energy you need to be at your best. Check in briefly to make sure you're in your zone before you start. If you're not where you want to be, use a strategy to calm down or amp yourself up.

Pre-plan your thoughts

Come up with a thought, like a **Power Statement**, or an image that will drive the emotions and physical state that will help you perform at your best. Focus on that thought or image to shift your energy level.

Practice makes permanent

When it comes to **Deliberate Breathing**, it requires regular practice to experience the full effect. Carve out 5 to 10 minutes each day to practice your deep, rhythmic breathing to train your body. Practicing before bed can even help improve your sleep.