

PRE-FLIGHT MENTAL WARM-UP

Use one or more of these strategies to get yourself into your ideal performance state. Many of these will warm up your mind, calm your body, and allow you to fly at your best.

BREATHE DEEPLY (3-5 MIN)

- Inhale through nose, with tongue to roof of your mouth
- Slow exhale through mouth
- Use hands on belly button and chest to ensure you're using belly breathing



LISTEN TO PRE-FLIGHT SONG

- Calming song to chill out
- Pump up song to get amped up



REHEARSE PERFORMANCE CUES

- Recall the sensations, emotions and thoughts you feel when you're flying at your best. How do you want to show up in your next mission?
- Ensure each statement is in the present moment (e.g. "I am...").
- Come up with 5-8 statements and repeat them 3x/day, and before your flight.



MINI CHAIR FLIGHT

- Imagine 1-2 distracting, stressful or challenging scenarios you're going to face. What symptoms in mind and body do you feel in those moments?
- How do you want to show up when that happens?



PROGRESSIVE MUSCLE RELAXATION

- Notice the muscles that feel tight.
- Tense and hold for 5 seconds while holding your breath.
- Release as you exhale and shake out the tension.



MENTAL RESET DURING FLIGHTS

Use one or more of these strategies to refocus your mind after a mistake, regulate your emotions and activation levels and reset your focus on what's most important.

1-2 BREATHS

- 4 sec inhale through nose
- 6 sec exhale
- Use belly breathing, tongue to roof of the mouth



FOCUS TRIGGERS

- BLT - "Breathe, Loose Trust"
- CPR - "Calm, Present, Ready"
- WIN - "What's Important Now"
- FBI - "Focus, Breathe, Intensity"
- CIA - "Confidence, Intent, Adapt"



3, 2, 1

- Pick a colour and 3 objects that match it
- Tune into 2 sounds in your environment
- Notice the points of contact b/w your body and seat/controls



ISOLATED MUSCLE RELEASE

- Notice the muscle that feels most tight
- Tense and hold for 5 seconds while holding your breath
- Release as you exhale and shake out the tension



CONTROL THE CONTROLLABLES

- We control only our ACE (Attitude, Concentration, Effort). Tune into those.
- What's the internal and external noise I can let go of? How are you going to let the mistake go?

