

SUPER TOUGH

How the super elite develop and maintain mental toughness

Sport and competition are not easy. The fun part is the challenge and living up to it—and hopefully prevailing. And prevailing is all about training. And so you practice your sport and enhance your strength and power and overall physical condition to ensure that you are ahead of your competitors on every level. But sport is not just physically challenging; it is also mentally challenging. The mere act of going up against a competitor with equal drive as you can be a source of stress and distraction. And then there are those issues that are out of your control, such as judge's calls, weather, competition venue, etc. All of that requires you to be mentally tough. Nobody knows this better than the elite: the elite athlete, the elite coach, and the elite sport psychologist. In this research review you will learn what it takes to become mentally tough...and how to maintain it.



At the recent Highland Games Masters World Championships, nine events were contested in one day. How do you maintain your mental toughness throughout this event?

Original Research

Available with subscription.

Power Key: mental toughness, coping, obstacles, prevailing