

PiXL Endurance



Mental energy

Our minds are one of the biggest contributors to energy levels.

High levels of mental energy can lead to increased happiness, confidence, focus, willpower, motivation and productivity – all significant benefits for getting through exam periods, but also everyday life.



What exactly is mental energy?

- Mood – whether we think positively and therefore perform well.
- Motivation and willpower – whether we take initiatives, seize the moment with determination or procrastinate.
- Focus – whether we are effective for the duration a task needs.
- Confidence – how we perceive ourselves and our abilities, we know that this has a direct effect on our performance.

How will boosting our mental energy benefit us?

- Improving our mental energy helps us to feel more positive, more confident and more determined.
- By feeling more positive, confident and determined, we will be more focused and motivated.
- By becoming more focused and motivated, we will accomplish more.



How will boosting our mental energy benefit us?



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- <https://www.youtube.com/watch?v=OZQH5UbEjqE> - until 2.10

How can we boost our mental energy?

- Surround yourself with people who make you happy, who support you and think positively.
- Take steps to change your mindset and think positively.
- Declutter your mind – set reminders, keep a diary, make a timetable. Get as much ‘out of your mind’ so that you can relax.
- Have fun! Always remember it’s important to have time doing things you enjoy.
- Get outside – vitamin D helps to boost energy levels.



How can we boost our mental energy?

- Stimulate your mind – don't stick to the same ways of revising. Challenge yourself, do things differently.
- Focus on small steps and what is in your control – worrying about something we can't affect can cause anxiety. Break goals down into manageable steps that you can control.
- Take responsibility for your emotions – if you're feeling sad that will affect your mental energy so find ways to help improve your mood and emotions, whether that's doing a hobby or talking to someone about how you feel.



How can we boost our mental energy?

- Recap this information on page 23 of your Prepare to Perform Student Booklet and then create your Mental Energy Plan on page 24.
- Remember that setting aside a small amount of time to focus on improving your mental energy will help you to perform more effectively in the long run.



How can we boost our mental energy?

‘In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.’

Les Brown



How can we boost our mental energy?

‘Always turn a negative situation into a positive situation.’

Michael Jordan





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