



**equipped2succeed** - Relaxation, Visualisation and Mental Rehearsal

### **e2s R – V – MR**

The **equipped2succeed** - Relaxation, Visualisation and Mental Rehearsal tracks are designed to help individuals manage their mind and thinking more effectively.

Our brains work best when they are focused and relaxed. e2s R – V – MR process supports individuals to manage their thinking to improve in all areas of life; managing stress, managing relationships, reaching goals etc.

Use the e2s R – V – MR process to help you focus on your performance and well-being in all sorts of ways:

- to prepare for your day or for a particular training session, lesson or meeting;
- to focus on your goals, those things that you really want to achieve;
- to relax and minimise anxiety and stress;
- to prepare for pressure situations such as tests, examinations, presentations and interviews;
- to mentally rehearse getting on better with people – family, friends, team mates, colleagues;
- to mentally rehearse technical skills in any area where you want to become an elite performer – such as sports, music, and dance;
- to prepare for those all-important performances and events, where you want to be at your best.

It is designed to take you through a general relaxation, visualisation and mental rehearsal process. There are 3 parts to this technique:

**Relaxation** is about calming your mind so that your brain can make the right connections to maximise your potential. It will also help to relieve fear, stress, tension and anxiety.

**Visualisation** is a mental journey into your imagination ... where you can vividly connect with the power of your thinking.

*empower – enable – equip*

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**Mental Rehearsal** enables you to picture, and rehearse exactly how you want things to play out – to practice scenarios, situations and skills in your head – going through it again and again – like an action replay.

This is about you taking control with the power of your mind.

During this process use your imagination to picture images in your head. It is very important to use all of your senses - hear the sounds, smell the smells, feel the environment and see it very clearly in your mind. Make sure that everything you see is in vibrant colour ... make this lots of fun – enjoy the images, enjoy the feelings, make them as real as you can.

### **Remember – Use it or Lose it!**

Like any process or skill, to improve, and make it most effective, you need to practise it. It's no good doing it once before something important. Practise daily and you'll soon realise the benefits.

### **Practise - Until You Find It Easy**

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