

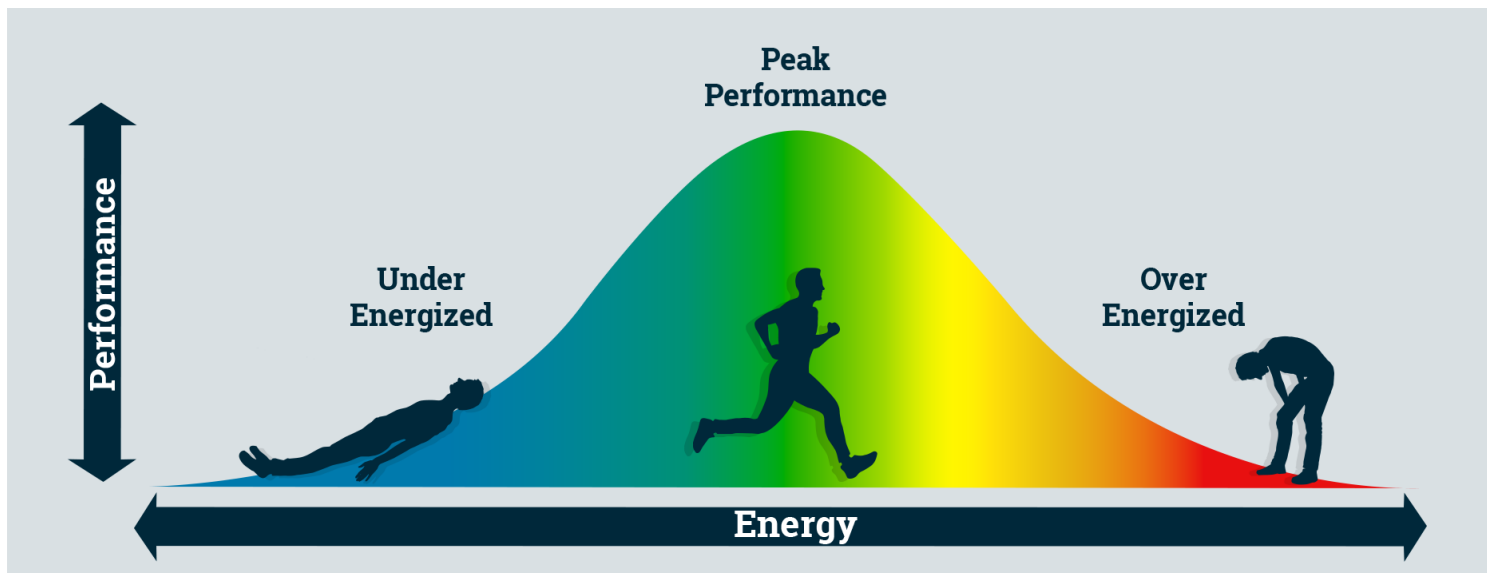


WARRIOR TOUGHNESS: CRITICAL SKILLS

Energy Management: Psych Up and Wind Down

WHY IT MATTERS

To perform at your best, you need the right energy for the task. Too much or too little can throw you off. Managing energy is key to peak performance.



MATCH YOUR ENERGY TO THE MISSION

EMOTIONS

Emotions fuel energy. What you say, and how you say it, can raise or lower your energy through emotional response.

BREATHING

Breathing sets the tone. Fast breathing amps you up. Controlled breathing helps you reset.

MOVEMENT

Your body is the switch. Move to activate. Stretch to center. Your posture and pace matter.

PERFORMANCE STATEMENTS

Use performance statements to shift your mindset. How you talk to yourself affects how you perform.

MUSIC

Music helps manage energy, whether you're listening out loud or just in your head.

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

