

# Download Mental Health Principles How To Increase Your Mental Toughness

This activity is a life hack to develop mental toughness in less than two minutes. Tempting, but is it too good to be true? Jason Selk, a performance coach who has trained a range of Olympic and professional athletes, uses this exercise:- **WORK ON YOUR MISTAKES IN PRACTICE** - Too many athletes dwell on mistakes immediately after they make them. In competition, your job is to refocus your concentration on the task at hand and to leave your mistakes and errors behind you. Warfighter Athletic is a Special Operations Forces owned and operated online military fitness and apparel company. Warfighter Athletic provides world class online training programs and apparel to warriors world wide. Read this article to learn how to build muscle and gain strength. These proven strength lessons from Milo of Croton have stood the test of time.