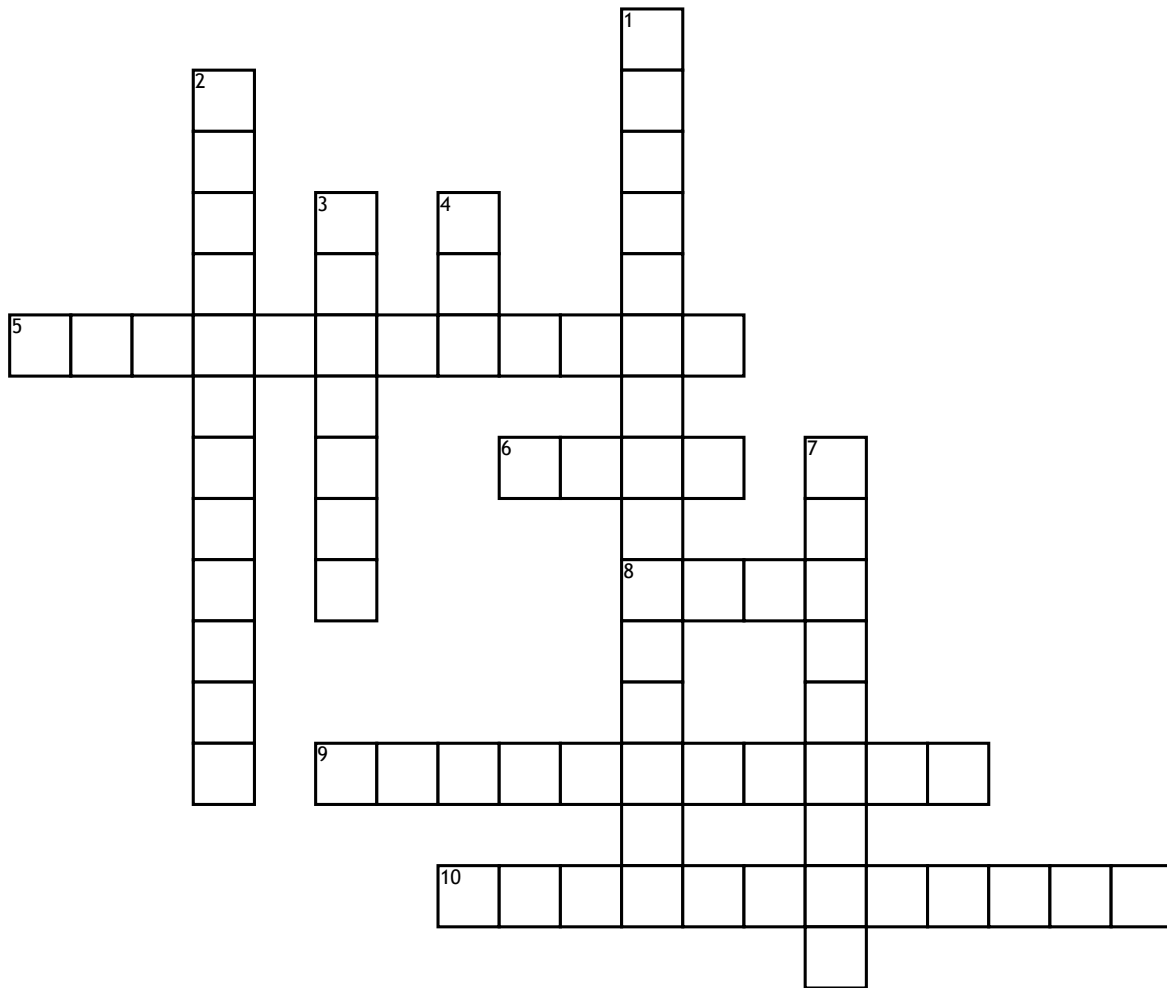


Mental Tools and Skills Part 2



Across

5. The name of the song played in class that demonstrates the symptoms of arousal
6. Monitoring and recording your arousal and performance immediately (like what you did during the arousal regulation lab in class) can help you to discover your ____
8. Passion and perseverance for a long term goal
9. Using the emwave device in class (ear clip) or the MUSE device (went across forehead) are examples of this arousal regulation technique
10. Listening to music when running in order to ignore how sore one's legs are, is an example of using this attentional strategy

Down

1. Characterized by the ability to focus, rebound from failure, cope with pressure, persist in the face of adversity, and display mental resilience
2. As shown in class, a highlight reel can be used to increase this concept
3. A general physiological and psychological activation varying on a continuum from deep sleep to intense excitement
4. This relaxation technique involves learning to monitor tension in muscle groups by tensing each and noticing the difference between the tense and relaxed states
7. This type of attentional processing is fast and used by individuals who are experts at tasks