



DR. NEAL | KINGS' | SP | GRIT AND MENTAL TOUGHNESS |

MULTIFACTORIAL

(SUCCESS IS)

| PHYSICAL |
| TECHNICAL |
| PSYCHOLOGICAL |

“THE HIDDEN MULTIPLIER”

META-ANALYTIC VARIANCE EXPLAINED

25-90%

PSYCH EVAL PREDICTS

70-85%

PHYSICAL APTITUDE

TECHNICAL SKILL

ENVIRONMENT & SUPPORT

PSYCHOLOGICAL SKILL

("THE DIFFERENTIATOR")

MHMM

(OF ATHLETIC PERFORMANCE)

CORE DRIVERS

Mental toughness (resilience under pressure)

Focus & attention control

Emotional regulation

Confidence (self-efficacy)

Motivation (intrinsic > extrinsic)

Grit (long-term perseverance)

MENTAL TOUGHNESS

1.5% OF BODY WEIGHT

10 HOUR PLANK

NOT ASSOCIATED WITH

IS ASSOCIATED WITH

PERFECTIONSIM
NOT BEING EASILY THREATENED
FINDING HARD THINGS REWARDING

BRAIN-DERIVED NEUROTROPHIC FACTOR (BDNF)
INCREASED GREY MATTER IN THE PRECUNEUS

COGNITIVE INHIBITION

EMOTIONAL CONTROL

BETTER MENTAL HEALTH  **BETTER ATHLETIC PERFORMANCE**

MENTAL TOUGHNESS

DEFINED AS

LOOKS LIKE

IS TESTED WHEN

IS NEEDED FOR

IS ASSOCIATED WITH

IS DEVELOPED BY

FEMALE VS MALE TOUGHNESS

THE BIBLE EQUIVALENT

STEADFASTNESS

JAMES 1:2-4 (ESV)

HYPOMONĚ

JAMES 1:2-4 (ESV)

Greek idea (*hypomonē*)

remaining under pressure without giving way—

not just passive waiting, but active, resilient faith.

Literally means ““to remain under.” Not escaping pressure, not avoiding difficulty— but **staying in place under it without collapsing or quitting.**

“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces **steadfastness**.

And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”

Esther

Ruth

Deborah

Hannah

Woman with the Issue of Blood



Woman with the issue of blood (12 years of suffering)

- Socially isolated
- Financially drained
- Persistence despite repeated failure
- She pushed through barriers
- (crowd, shame, weakness)
- **Refusal to accept defeat**

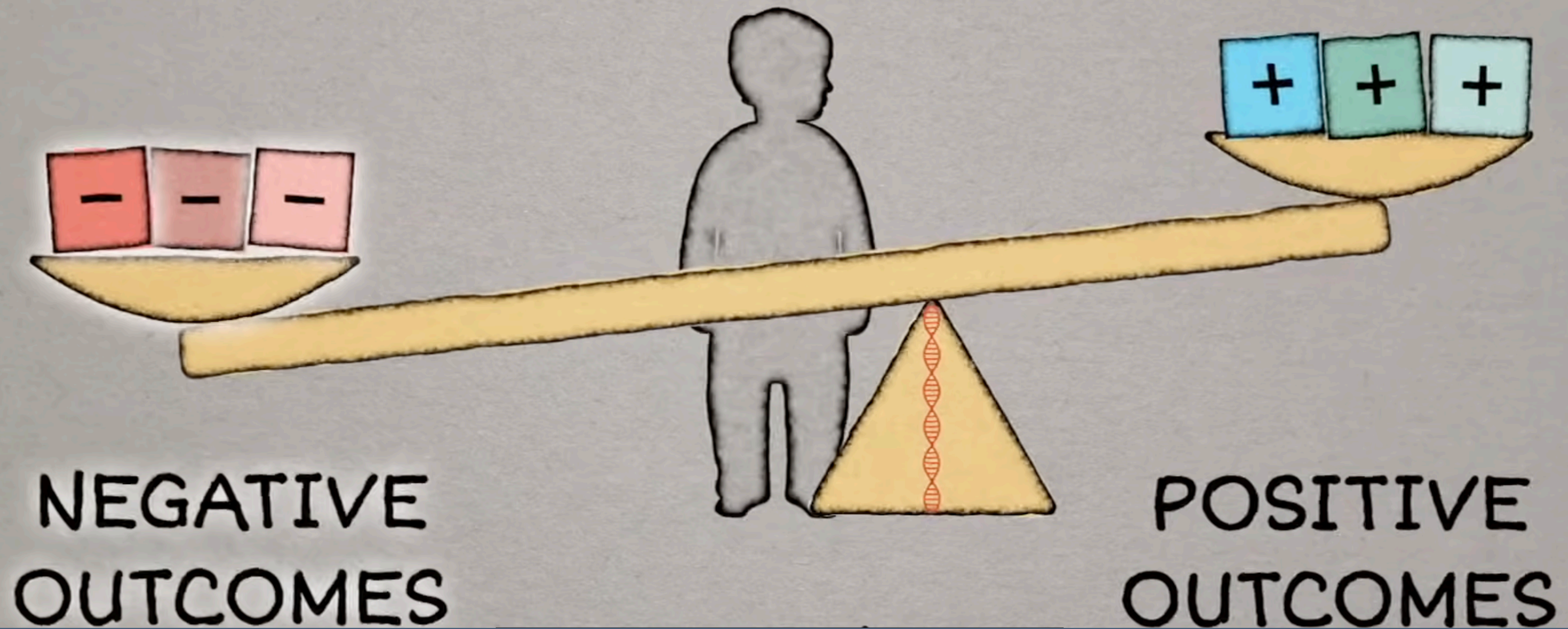


**MENTAL TOUGHNESS
IS HOLDING ONTO
THE PROMISES OF GOD**

NO-MATTER WHAT

The Fulcrum

(The science of resilience)





End of Presentation Slides

hypomonē

At its core, the word is built from two parts:

- **hypo** = “under”
- **menō** = “to remain, to stay, to abide”

So *hypomonē* literally means “**to remain under.**” Not escaping pressure, not avoiding difficulty—but **staying in place under it without collapsing or quitting.**

Active endurance, not passive tolerance.

hypomonē is not the trial—it is what the trial **produces.**

So *hypomonē* sits right in the middle of transformation:

it emphasizes:

- **Duration** (this lasts over time)
- **Pressure** (this happens under real difficulty)
- **Stability** (you don’t move off your position)

The refusal to abandon obedience when it becomes costly

Hypomonē is the Spirit-formed capacity to remain faithful, steady, and obedient under sustained pressure until God’s purpose is complete.

hypomonē

Most people:

- try to escape the trial
- numb it
- rush it
- or resent it

But this phrase means:

don't short-circuit the process. "Don't interrupt what God is doing through the pressure."

There's an implied warning here:

If you quit early, you **forfeit what the trial was forming in you.**

Practical Tools

Take Psych Classes!

- Skills Training:
- Attentional control
- Emotional regulation
- Visualization, Quiet Eye
- Neural Priming
- Self-Efficacy
- Cognitive Inhibition
- Identity Anchoring
- Managing Failure
- Goal Setting - big part!
- Rumination
- Attitude formation

- CBT for athletes:
- Attitude formation
- Cognitive Biases
- Attributional Biases
- Motivation
- What do you obsess over
- What do you ignore
- Pre-performance routine
- LIFE COACHING
- 9 domains of MHW
- Need a HOLISTIC approach
- All areas of MHW aligned with values and integrated)

Tallit

Jesus would have worn a tallit featuring tzitzit (fringes/tassels) on the corners, in obedience to biblical law (Numbers 15:37-40) These tassels represented God's authority, promises and commandments.

The Woman with the Issue of Blood: Matthew 9:20–22 and Mark 5:21–34 describe a woman touching the "hem" or "fringe" (tzitzit) of Jesus's garment.

Jesus wore these tassels to follow the law (Numbers 15:37–40)

"Wings" of the Garment: In Malachi 4:2, the prophecy of the "son of righteousness" rising with **"healing in his wings"** refers to the canaph (corners or wings) of the tallit, **which Jewish tradition associated with the Messiah.**

Note:

1. she knew her word!
2. By grabbing the hem she was proclaiming she believed him to be the messiah <3

Significance: The tallit represents a "point of contact" with God's authority. While often worn as a prayer shawl today, in Jesus's time, it was a daily garment.