

## Peak Performance Program - SAMPLE

This is a sample of a behavioral program for optimal wellbeing and performance, for working-age adults.

### Include these things

#### Daily

- Early:** Wake (early) 1 hour before you need to go to work or elsewhere (give you time to pace v rushing)
- Positive:** Start the day with 5 mins of positive focus (eg think about your gratitudes, goals, achievements)
- Plan:** 10 mins to plan your day and reset to realistic priorities and expectations
- Approach:** Plan to do the 'ugly' or harder jobs first – don't let it simmer, approach versus avoid
- Attitude:** 1 min to choose your attitude and motto for the day (make it helpful and empowering)
- Food:** Eat 3 meals - breakfast, lunch and dinner – follow healthy guidelines (less sugar, fat, salt and junk)
- Nutrients:** 2 serves of fruit and 3 serves of vegetables
- Hydrate:** 2 litres of water
- Exercise:** 30 min of medium intensity exercise or physical activity (stretch prior)
- Connect:** Say hello and good bye to your colleagues and household (connecting enables approachability)
- Breaks:** Take a 'power-break' every 90 min (use the time to relax, refresh, re-set, review)
- Lunch:** Take 30 mins for lunch – ensure to rehydrate
- Stand:** Stand up for 5 mins every hour (for those unable to stand, use movement and stretching)
- Relax:** 15 mins of calm (some sort of relaxation, breathing, mindfulness or meditation technique)
- Stop:** Switch off and wind down 1 hour before bedtime with 'low intensity' activities
- Sleep:** 7-9 hours of sleep

#### Weekly

- Organise:** Take 1 hour to tidy and organise your things, files, spaces and inbox
- Quarantine:** 1 hour away from distractions and email to get the '*important but not urgent*' things done
- Re-calibrate:** check your expectations and to do list; 15 mins meeting (even briefly) with your manager, workmate, mentor or support person
- Self-care:** A 2-hour block self-care activity (something that's not work or for others only)
- Check-in:** 20 min check-point conversation with people in your household (air issues and problem solve)
- Encourage:** 5 mins to encourage through positive feedback, praise, support or listening

#### Monthly

- Feedback:** Ask for feedback (how you can be helpful) from key workmates and also from your spouse/partner/family
- Hobby:** Spend quality time (4-8 hours) on a hobby or interest, learning and developing
- Relationships:** Spend quality time (4-8 hours) with your social support network (includes friends, groups)
- Altruism:** Do something that helps others (giving, helping, volunteering, supporting, visiting etc)
- Review:** Monthly proactive review of your plan - Sit down and write a checklist including (focus and objectives, achievements & highlights, challenges and barriers, solutions & resources, positives & Check for signs of resilience or risk in your personal and work life (use checklists or talk to a mate)

#### Yearly

- Medical:** Full check up with your GP/doctor
- Affirmation:** affirm your relationships by letting people know how you value and appreciate them

## Explanation

The plan is about a balance, so it's assuming that the high-functioning individual wants to meet these 3 conditions for sustainable performance in work and life:

- 1) Performance +
- 2) Wellbeing +
- 3) Satisfaction

The SAMPLE program incorporates strategies that help you have a '*reflective-practice*' approach - the same steps that elite athletes and star-performers use.

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|----------|-----------|
| 1. Stop  | Recognise |
| 2. Think | Review    |
| 3. Plan  | Refresh   |
| 4. Do    | Repeat    |

## The benefits and mechanisms of such a program – resilience and resilient relationships:

### Resilience

- Increased cardiovascular and immune system health
- Increased mental health and resilience
- Reduced stress, tension and frustration
- Increase capacity to think strategically and creatively
- Reduces threat perception and increased a sense of order and control
- Clear thinking and boundaries
- Reduced mistakes
- Self-belief

### Resilient Relationships

- Increases composure and professionalism
- A balance of self-focus and focus on others – improves relationships and approachability
- Improved social and emotional functioning
- Prevention and early intervention of conflict
- Improved empathy and compassion
- Social support and connection

**Sources:** The program sample above, is collated from global research and surveys of high performance individuals, resilience people, stress management and mental health practices, successful people, professional services and lawyers, high-risk and high-pressure environments, emergency services, health professionals, survivors of hardship and creative and inspired people. (eg National Australian surveys of wellbeing; Stress in the Legal profession, Business Journals, accumulated medical and psychological research etc).