

# 5 Practices to Make You a Mentally Tougher Man

Life is going to throw challenging and undesirable situations at you. You can respond with anxiety, stress and frustration. Or you can proactively **train for those moments** so you can **navigate them with power**. Here are **5 ways to build your mental and emotional capacity**.

## 1 REATH HOLD CHALLENGE

### Purpose:

Train yourself to override your fight-or-flight mechanism that causes you to bail from mentally/ emotionally challenging situations **LONG** before you need to.

### Resource:

Stig Severinsen 7 Day Breath Hold Challenge

## 2 DAILY COLD SHOWERS

### Purpose:

Train yourself to override your fight-or-flight mechanism that causes you to bail from mentally/emotionally challenging situations **LONG** before you need to.

### Resource:

Wim Hof 20 Day Cold Shower Challenge

## 3 100 PUSHUP CHALLENGE

### Purpose:

Train yourself to build endurance and call upon your physical, mental and emotional capacity to work together in achieving a specific goal.

### Resource:

100 Pushup Challenge – 6 Week Training Course  
Dominick's 105 Pushups in a Row on YouTube

## 4 MEDITATION:

**LONG DURATION, COMPLETELY STILL**

### Purpose:

Train yourself to sit in long periods of stillness while enduring discomfort, witnessing the discomfort, yet not reacting to it. This training allows you to slow down real-life situations where you feel acute pain, giving yourself space to pause and act from a place of power vs. fear.

### Resource:

Guided One Hour Meditation by The Honest Guys  
(Ignore the guidance to lay down. You want to sit for this.)

## 5 TEMPORARY ABSTINENCE

### Purpose:

The fastest way to understand your reliance on certain habits, rituals or things...is to take a temporary break from them. What you learn during that period will allow you to intentionally design empowered habits and practices that sharpen your focus (and decrease your unconscious dependency).

### Examples:

Porn, Masturbation, Alcohol, Television, Netflix, Social Media, News, Eating after 7pm, Sugar, Caffeine, Looking at Your Phone Within the First Hour of Waking.

### Resource:

Conduct Your Own Temporary Porn Abstinence Experiment - Man Amongst Men Podcast

### Bonus Resource:

How to take 10 Days off From Masturbation - Man Amongst Men Podcast

