

PMA stands atop the list of survival priorities in all survival situations. Losing the ability to think rationally or losing our will to live, jeopardizes our very survival. PMA represents much more than thinking positive thoughts, rather it centers on our ability to analyze and prioritize the real threats to survival. A fully engaged mind makes it easier to determine immediate problems, find resources and use those resources to solve problems. Cultivate your PMA through your lifetime with experiences, and hone it with emergency training, knowledge, and hands on instruction.

What affects you mentally,
affects you physically and vice versa!

PRIORITY GUIDELINES FOR MANAGING A SURVIVAL SITUATION

Major Threats to Survival

Threat	Potential Affect
1. Your mind	Negative attitude, incorrect priorities, imagination, fear, panic and hopelessness.
2. Temperature	A body core temperature deviation of about 6 degrees either side of the normal 98.6 is considered the limit for effective performance and rational behavior.
3. Injury	Increases susceptibility to the environment. May affect mobility and the ability for self-help / self-rescue.
4. Illness and Infection	Constant threat, normally held in check by the body's defense mechanisms.