



## Managing Stress

It is difficult to manage all the demands required to be a professional jockey.

When stressed our body goes into “fight or flight” mode. Breathing rate, heart rate and blood sugar increase, while immune and digestive systems shut down. While helpful in short bursts (e.g., feeling energised before going into a race), an excess in stress levels can be detrimental to our psychological and physical health. We need to reduce these fight/flight responses as often as possible, and we can do this relatively easily by altering our breathing.

### *How do I do this?*

1. Close your mouth and put your hand on your stomach.
2. Inhale through the nose, breathing through your stomach.

(Aim to push your hand away from your body)

3. Exhale through the nose.

(Concentrate on your hand returning slowly back towards your body)

4. Maintain a 5 second inhale, and a 5 second exhale, for a minimum of 5 minutes (10 minutes + recommended)

### *When can I do this?*

Anytime you need to hit the reset button throughout the day  
(e.g., in the car before going into the weighing room, before bed)