



Pre-competition anxiety

Pre-competition anxiety (nerves) is a normal feeling for any athlete before they go out to perform. It can come in the form of physiological (e.g., increased heart rate) or psychological (e.g., distracted thoughts) responses. Generally, nerves strike when we are outcome-focused (e.g., worried about a horse running well for certain connections). To help overcome nerves, one way is to relax physiologically, and then to focus on what our process is to put the horse in the best possible position to win the race.

How do I do this?

1. Inhale through the nose for 5 seconds, pause for 2 seconds.
2. As you exhale (mouth closed), hum for as long as you can
(Your heart rate slows when you exhale. Humming makes your exhale last longer = slowing heart rate for longer)
3. Repeat 3-5 times for best effects
4. Once relaxed, ask yourself:

“What three things do I need to do for my horse to run well?”

When can I do this?

In the weighing room before going out to ride.