

# 6 WAYS SPORTS PSYCHOLOGY CAN SUPPORT YOU



SPORTING  
CHANCE



## 1 Handling Pressure & Expectations

As a jockey, you're often blamed for a horse's poor performance, even when it's out of your control. Sports psychology helps you stay mentally strong, handle criticism, and perform with confidence under pressure.



## 2 Staying Mentally Tough for a Relentless Schedule

With racing 7 days a week, long hours, and constant travel, burnout is a real risk. Learning mental strategies like mindfulness, goal-setting, and switching off when possible can help you stay sharp and avoid exhaustion.

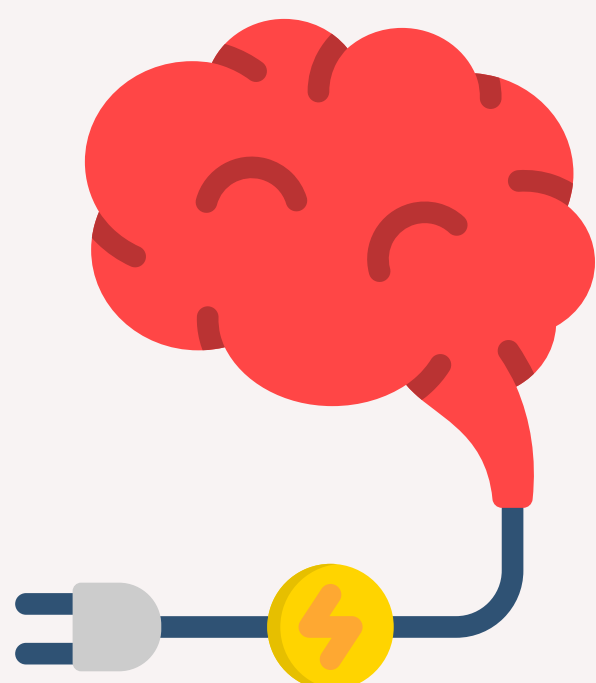
## 3 Bouncing Back from Falls & Injuries

Falls and injuries are part of the job, but returning to the saddle with confidence is key. Sports psychology can help you manage fear, stay motivated during rehab, and rebuild trust in yourself and your body.



## 6 Managing Weight & Maintaining a Healthy Mindset

The battle with the scales is constant, but it doesn't have to take over your life. Sports psychology can help you develop a healthier mindset around weight management, reduce stress, and improve self-discipline without burning out.



## 4 Sharpening Focus & Race-Day Preparation

Split-second decisions can win or lose a race. Using techniques like pre-race routines, concentration training, and visualization can help you stay focused and make the right calls under pressure.

## 5 Strengthening Relationships & Securing More Rides

Your career depends on strong relationships with trainers and owners. Learning how to communicate effectively, stay confident, and handle setbacks can help you maintain good connections and keep the rides coming.

» LEARN MORE

