

# Number 1 Thing

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Not to do at a horse show!

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# Do Not Get Worried

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■ Stay in control

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# Stay In Control

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- Get Organized

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# Stay In Control

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- Arrive on time

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- Don't Sweat it

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- Know the judge wants you to do well

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# Other things to help you on show day:

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- Eat Properly.
- Make a playlist of your most encouraging/favorite songs and listen to them.
- Breath.
  - Hum or sing (to yourself) to help you breath.
  - Talk to your horse.

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# ... Continued...

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- Reassure yourself
- Keep on task. Rather than thinking about being nervous.
- **Breathe!** Just before entering the ring, take a slow, deep breath through your nose so that your stomach expands but your shoulders do not rise. Then exhale slowly through your mouth and relax your body.

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# Stay in Control

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- How do you keep your stress under control?

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