

...READER NEWS...

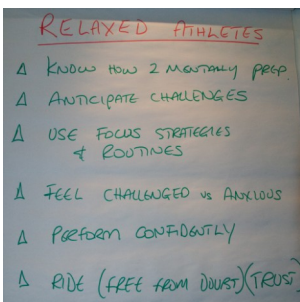
- > FREE MASSAGE 'compliments of JE' - to a hard working seminar attendee
- > Inside the Mind of a Winner SPONSORES TWEESLEDOWN SHOW
- > JigsawEquine to appear at the Canadian FEI World Cup Qualifier, Aug 6th-9th



JIGSAWEQUINE congratulated one lucky seminar attendee who participated in all the seminars of this series and won a complimentary full body massage:

" We sometimes need to be reminded how to be our own best-friend and there can be no better way than by treating ourselves to a massage and good pamper session"

Said Debbie & Rachael



Like it or not, we can all suffer from feelings of anxiety and tension. A feeling of worry, self doubt or inadequacy - resulting in nerves, self pity, resentment and often anger.

It isn't all bad news. Anxiety is a natural emotion and in olden days it would have served us well to gear us up for fight or flight!

Today whether we compete or not, we all share a common need to become aware of the early stages of anxiety, to have strategies available to re-direct that unwanted energy and come out the other side with our perspective in tact.

So we began with a test of self control..."could we stop our thinking for 10 sec-

onds"? Our audience found mixed results—some could if they replaced thoughts with an image of blackness. For others it proved more difficult. Typically in a day we think around 60,000 thoughts, often without realizing we are doing it. No wonder switching them off can be tricky. But, with practice anyone can learn to silence our minds.

Finding this 'quiet space' internally was a strong theme of the evening. We practiced several techniques for relaxing our minds, slowing our breathing and quelling those butterflies in our tummies.

Throughout the seminar the audience wore 'Bio Dots' on their hands: triggered by changes in skin temperature bio dots provide instant feed-

back on your body's physiological 'state'.

Throughout the evening, before and after each exercise we noted the colour change of the dot towards or away from relaxed and calm. Knowing which techniques our bodies respond to is a vital tool in selecting which strategy we use.

To cement our learning, everyone sat on the saddle on the ladder barrel (used in Equilates) and practiced relaxing a specific part of their body where tension builds.

During the evening a very deserving lady was offered a professional body massage, 'compliments of Jigsawequine', to help kick start her relaxation process.

TOP TIPS FOR HANDLING ANXIETY

When we are nervous, worried, or afraid we restrict our breathing, holding it tightly in our chest or throat. This causes fatigue, loss of physical coordination and reduced concentration. Deep breathing calms our nerves and steadies our emotions: essential for relaxation and self control.

Practice makes perfect so have a go at the following:-

1. Take 5 quick, shallow breathes in through your nose, then exhale in one long out-breath saying RELAX as you breath out. Repeat 5 times
2. Breath in through your

nose slowly, to the count of 1, and 2, and 3, and 4. Then exhale to the same rhythm, out 2, and 3, and 4. Repeat 5 times

3. Tense a part of you body where tension builds. Hold it for 8 seconds, release it half way for 5 seconds, then release fully and relax!

