

Janet Sasson Edgette, PsyD

Equestrian Sport Psychology
Child & Adolescent Counseling

janet@janetedgette.com
www.sportpsychforriders.com
www.JanetEdgette.com

610 | 363 | 1144
412 Newcomen Road
Exton, PA 19341

Don't Let Your Performance Nerves Get In The Way of Your Performing!

**Is this you the morning
of your horse show?**



**Is this how try to manage
your show nerves?**



**If your answer is yes, you are probably trying
TOO HARD to make yourself relax.**

STOP

- ◆ **waging war with yourself!**
- ◆ **wasting time and energy trying to control
something that can't be controlled!**
- ◆ **thinking there's something wrong with you!**

**You do not have to wait until you are relaxed in
order to ride well!**

**The key to anxiety management is learning to ride well even
though you feel nervous — that's how it begins to fade into the
background.**

You do this by...

- ◆ learning to compensate for the ways in which anxiety affects your riding
- ◆ become pro-active instead of reactive

**So, if you are an “under-rider”
you can...**

- select one area to energize or empower (ACTIVE leg, make a DECISION)
- use a re-orienting word or phrase (Just make it happen, Do SOMETHING!)
- commit to making a decision even if you’re worried it will be the wrong one
- face your fear of making mistakes or of not being “perfect”

**And, if you are an “over-rider”
you can...**

- pick a word or symbol that makes you think about composure and restraint (majesty, grace, Aaron Copeland’s symphony, “less is more”)
- select ONE of your aids to focus on in order to make it more quiet (“tactful” hands, “diplomacy” with your leg)
- think about how impulsive differs from decisive, how aggressive differs from assertive, how trying to convince yourself that you feel a certain way differs from confident
- designate in advance parts of the arena where you can regroup

**Exert less.
Accomplish more.**