



# Cheat Sheet: 5 Powerful Techniques To Soothe Race Day Anxiety

The following five highly effective techniques soothe race day anxiety so you won't miss a step at your next race.

## 1) **Breathe through your nose.**

This ultra-simple technique will help you to breathe deeply with almost no effort. You can do this during your warm up, while waiting for the start or anytime you notice your breath is shallow.

- Imagine your lungs inflating like balloons.
- Engage all parts of your lungs by feeling your ribs move out to the side.
- Feel your the area between your ribs move out.
- Don't try to suck in your belly near your rib cage or tighten your abs, because this will only make you feel more wound up!

## 2) **Breathe with sound.**

With this yogic breathing technique you make a sound that only you can hear.

- Called *ujjayi*, yogis have used this method for thousands of years to take deeper breaths and to quell their nervous minds.
- Inhale and exhale with your mouth closed, then try to spread the back of your throat where you swallow.
- If you smile slightly when you try — you're doing it correctly.
- You can combine this technique to make any of the others more effective.

## 3) **Exhale for a long time.**

This techniques brings us out of fight-or-flight mode, and into rest-and-digest mode.

- Inhale as you count to four, exhale as you count to eight (or shorten this ratio to suite your capacity).
- Keep exhaling for longer and you'll relax both your body and your mind.



#### 4) Sync your breath with your stride.

If you get nervous in the middle of your race, use this technique to quell those irritating nerves and refocus on your race. This keeps you in the present moment where you need to focus.

- As you inhale count your steps, and as you exhale count your steps.
- Don't try to force your breath, keep your breathing easy and relaxed.
- Focus on the count of your stride.

#### 5) Label your thoughts.

This is a simple meditation technique that will help you to smack down unwanted thoughts make you anxious.

- Remember to focus on your breath.
- When you notice a negative or critical thought, label it as such. Don't try to suppress it, rather notice it, and then question it.
- Turn the thought around. For example, "I didn't speed train enough, I didn't get the right training mix." Instead, "Hey, I'm right here, enjoying my race. The past doesn't matter right now."
- Label the thought as a criticism and come back to where you are. You can't change the past.

*Now you're ready to tackle anxiety and enjoy your running!*