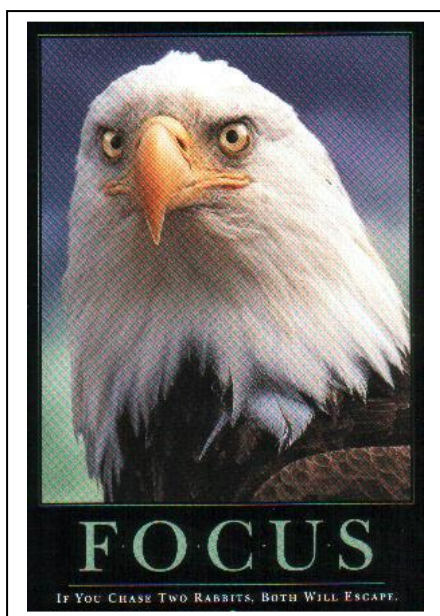


## Dealing with Nervousness



Basically, **Centering** is a natural form of breathing that brings the body back under control if it starts to get too “pumped up” .. watch quality elite athletes and swimmers in those few minutes / seconds before their competition; the tennis ace just before serving .. they are employing centering or some similar strategy.

Spend one minute each day; the technique will become automatic, and has application in many circumstances.

It may not be **the** answer, but if you are an athlete who has been occasionally let down by excessive nervousness, then you owe it to yourself to learn the simple skill of **Centering**.

A **simple technique** to assist athletes to control and calm themselves, and channel energy towards a good performance is called **CENTERING**.

1. Stand comfortably with your feet shoulder distance apart, and your knees slightly flexed.
2. Consciously relax your neck, arm and shoulder muscles. Smile slightly to reduce the tension in your jaw.
3. Focus on the movement of your abdominal muscles. Notice your stomach muscles tightening and relaxing.
4. Take a slow, deep breath using the diaphragm. Notice you are extending your stomach.
5. Consciously maintain the relaxation in your chest and shoulders. There should be minimal chest movement, and absolutely no hunching or raising of the shoulders.
6. Exhale slowly. Let yourself go. Feel yourself get heavier as your muscles relax.

