

## Calm Down

With my gorgeous little two-year-old daughter we watched Sesame Street this week and in this episode Big Bird was displaying a lot of anxiety. The guy on the episode told the Bird to calm down.

But it was the physical gesture to accompany those two words that grabbed my attention.

On saying calm he inhaled, raising his shoulders, his chest. On saying down he exhaled, lowered his shoulders, sighed a relief, a release.

In a bowls' contest where you or teammates are exuding anxiety caused by the innate pressure of the contest, I reckon this CALM DOWN (exercise) right there and then on the green may be a winner.

Another tool to deal with anxiety- turn your despair, your anxiety into humour.

Laugh, laugh a lot.

Could also be disconcerting to the opposition. I can see them looking at you saying...what are these idiots laughing at, look at the scoreboard.

You may lose this contest.

But long term you had picked up tools and skills to combat anxiety and in a big event of the future these two tools may come in and make that one percent difference for you to go on and win the big one.

Now looking at my lovely two-year-old daughter she would say 'calm down' like this...Caaaalm **D**oooooown.

Can you sense that drawn out inhale, exhale feeling.

Give it some thought.

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In fact, give it a go.

Me, I am just listening to Moonlight Sonata by that man, Beethoven.

Now that is the ultimate calm down for your senses.

**Lachlan Tighe, 2020**