

Hi <First name>

It's Bridget here and I've got a tip to help you to feel calmer and in control of your thoughts and emotions.

Hopefully by now, you've had a chance to read your exclusive copy of the Health, Mind and Body guide and are well on your way to improving your wellbeing.

I'm really excited to help you on your journey to a healthier and calmer you so today, I'm sharing a brand new tip that you won't find in the BYB program or Health, Mind and Body guide.

As a professional athlete, staying calm in any situation was a game changer for taking my career to the next level.

I used to think that staying calm and composed under pressure was something that comes naturally. I was psyched to learn that it's a skill that can be learnt with practice.

The fight or flight response is a totally normal reaction to a perceived threat or moment of panic. But here's the thing ... you don't have to just sit back and let it play out.

You **can** take control and stop the response in its tracks. The first step? Acknowledging it and labeling the thoughts that float into your mind.

For me, this was a case of telling these thoughts something like... "Oh hey, thanks for stopping by. I

And while I was doing that, I'd also try to slow down my breathing and make a conscious effort to breathe deeply and evenly.

This combination helped to tell my frazzled brain that there was no need to keep the fight or flight response going and normal order could be resumed. In more scientific terms, it activates the parasympathetic nervous system and helps to calm you down.

And the final step? Relabeling my thoughts and emotions into something more positive. I channeled my fears into anticipation for what was to come and looked for any opportunity to turn my thoughts around.

I didn't nail this overnight but with plenty of practice, this process helped me to keep my cool in pressure situations on the court and stopped my negative thoughts from holding me back.

Now it's your turn! Give it a go and let me know how it works for you.

Until next time,

Bridget