

How to Quiet the Mind

1. **Breathe Deeply:** Especially when experiencing match anxiety.
2. **Relax Your Muscles:** Shake out your arms and legs.
3. **Slow Down:** Take more time between points.
4. **Use Trigger Words:** examples include: Relax, breathe, slow down.
5. **Smile:** Just do it and see.
6. **Control Your Eyes:** Keep your eyes on your strings