

# EMA

Equine Massage Academy Ltd

*Therapy Education Research*

## The Hidden Impact of Your Mindset When You Ride



When something doesn't feel quite right when we ride, the first thought is often: "It's the horse..."

Or sometimes:

"This feels like too much for me..."

"Maybe I'm not good enough..."

So we:

- Start overthinking everything
- Lose trust in ourselves or our horse
- Ride more cautiously or defensively
- Try to control every movement
- Question what we're doing

But what if part of what you're feeling isn't actually about the horse at all?

## The Missing Piece

Riders rarely consider their **thoughts, emotions, and mindset** as part of the equation.

But your horse feels:

- Your confidence (or lack of it)
- Your tension and anxiety
- Your focus
- Your emotional state

👉 Every single stride.

### 1. What Riders Often Don't Notice

Many riders aren't aware of what they're bringing mentally into a ride.

This might look like:

- Anticipating something going wrong
- Feeling nervous or on edge
- Overthinking every movement
- Riding defensively "just in case"
- Losing trust in yourself or your horse

These can feel subtle or even justified.

But to your horse — they're significant.

### 2. What Actually Matters

#### A. Your Mindset Affects Your Horse's Behaviour

If you feel unsure or anxious, your horse often feels that uncertainty.

This can lead to:

- Tension or hesitation

- Loss of rhythm
- Spooking or overreacting
- A lack of forward, relaxed movement

👉 Your horse doesn't just respond to aids — they respond to how you feel.

## **B. Anxiety Creates Physical Tension**

Your thoughts directly affect your body.

If your mind is tense, your body follows — even if you're trying to “relax.”

Because:

👉 Emotion travels from rider to horse

Even low-level anxiety can:

- Tighten your position
- Affect your timing
- Disrupt communication
- Make movement feel less smooth

## **C. Confidence Isn't Just “Being Brave”**

Most riders experience confidence dips at some point.

Without realising it, you may:

- Ride more cautiously than usual
- Hold back instead of riding forward
- Second-guess your decisions
- Focus more on what might go wrong

Your horse then adjusts around that uncertainty.

### **⚠️ The Risk of Ignoring It**

If rider mindset isn't addressed, you may experience:

- Ongoing confidence issues
- A horse that feels inconsistent or unpredictable
- Increased anxiety over time
- Feeling stuck, despite doing everything “right”
- Stop enjoying riding

And often:

👉 It's a mindset loop.

## **3. A Smarter Approach**

Instead of asking:

👉 “Why doesn't this feel right?”

Ask:

👉 “What might my horse be feeling from me today?”

This isn't about blame.

It's about awareness — and giving yourself a way forward.

#### 4. You Don't Need to Be Fearless

You don't need to:

- “Just be confident”
- Push through anxiety
- Ignore how you feel

But you do need:

- Awareness of your thoughts
- Tools to manage nerves
- The ability to stay present
- A calmer, more balanced mindset

And this can be developed — gently and realistically.

#### 5. Where You Come In

By improving your mindset, you can:

- Feel calmer and more in control
- Help your horse feel more relaxed
- Improve communication and trust
- Create a more positive riding experience

And one of the biggest benefits?

👉 Riding starts to feel enjoyable again.

#### 6. Want to Improve Your Riding by Working on Yourself?

Inside our **Yoga and Mindful Meditation for Equestrians** [LINK](#)

you'll learn:

- Simple techniques to calm nerves and anxiety
- How to improve focus and mental clarity
- How to feel more secure and confident in the saddle
- How your mindset influences your horse — and how to improve it
- Practical ways to support both your mental and physical riding

No pressure.

No judgement.

Just simple, effective tools to help both you **and your horse**.

Because better riding isn't just about what you do to your horse...

👉 It's about what you bring to your horse.

**Now you're truly helping yourself....and your horse!**

Our courses are approved by:

