

I am a 15-year-old young woman who has spent the last year (4 “seasons” during that time) playing YMCA Volleyball with many fantastic people my age. I have always been lucky enough to have a good team, a talented coach, and the environment I needed to get better at the sport. I have not always found it easy to shake off the anxiety that often precedes an important game, though. Similarly, I *have* found it difficult *in the past* to brush off mistakes made during games, and have therefore tended to become stressed out at the worst possible times.

The Calming-InfluenceTRUSTCard™ has helped me greatly in making sure this is not as frequent an occurrence as it used to be. If I miss a serve, set the ball up poorly, or do not react to an incoming ball fast enough, *I am significantly less likely to beat myself up for it.*

If I do become irritable, at others, or myself *I do single-digit math in my head* until my mood improves significantly, right on the court, mid-game. It works fast – so I don't lose even a second of alertness to what's coming my way next.



To use a recent example, I served **31 balls in a row over the net**, over a period of two sets, in one of the last games of this season, the first 30 of which resulted in 30 straight points for our team! Because of the precise way I had to position myself, my arms and legs began cramping after the first 10 serves.

I was beginning to worry that I would miss, and therefore disappoint my team. If I had not had access to a simple, easy method of calming down, I likely would have missed one of those 31 (a league record). Instead, *I did single-digit math in my head* when I started feeling anxious or tired during that run. I might have been able to serve 50-60 in a row had we scored the point beyond the original 30! ***I was in control!*** It also helped me have the confidence in my team that I desperately needed, so that I could focus only on my serves. I am also thankful to say that the confidence I had in them was not misplaced, as they did an excellent job backing me up those first 30 points in a row (itself a league record).

Using The Calming-InfluenceTRUSTCard™ itself in between games and throughout my day, daily, makes it possible for me to create enough control of my thoughts on demand, in a game! I hope you can tell from the above, using the science underlying The Calming InfluenceTRUSTCard™ can be done not only during a volleyball game (or on the archery range where I use it weekly too!) but everywhere.

For example, I also use it when I am actively studying my home school subjects as well as interacting with my friends. I do not intend to stop my use of The Calming Influence TRUSTCard™ any time soon. I expect it to be just as useful during my next season of Volleyball as it was this season. It is a brilliant, all-purpose stress-relief solution, and I am grateful to have access to it. *A. J. L., Southern USA*