

Bouncing me back!

I am intrigued by how many times each individual professional tennis player bounces the tennis ball before serving. Rafael Nadal is known to bounce the ball around ten to twelve times before smashing the serve! The Croatian player, Marin Cilic, once bounced a ball twenty-seven times on the ground before serving in a semi finals match at an Australian Open.

Have you ever wondered why these players bounce the ball before a service? In doing this, the players give themselves time to figure out which tactic they are going to use in the next point. It also gives them a gap to physically catch their breath before the next point, not forgetting the opportunity to zone in on their specific serve technique! Each player has their own routine and ritual to set them up for success under the pressure! And no matter how hard that ball is bounced, it always manages to bounce back.

We, too, have an ability to bounce back. Sometimes it's easy and we don't even think much about it. Others times it becomes more difficult to bounce back and it takes more energy and time than before. There may also moments when you realize that you cannot use the same strategy to bounce back as before.

Despite where you are on your journey, you, too, can set yourself up for success under pressure. With the right ball in your hand and playing on the right turf you can bounce back, my friend.


And I'm giving you permission to squish a little fun in between!

Life coaching

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YOURHOME





1. Make sure that *you* are bouncing your ball. If someone else bounced the ball for the tennis players at the start of their serve, they would get in the way and it would be dangerous. Not only would it look and feel awkward, but it would take the tennis player out of their routine and ritual for success. Some of us have taken some hard hits and we may feel as if we've been bounced around, back and forth leaving us with little or no purpose. Look carefully to see where you are not holding the ball; where you may have lost control and where the boundaries are blurred. Place *your* hand back on top of that ball. In this way, you get to choose the focus, the direction and the time-and-pace of action. This will also give you a gap to catch your breath and order your world. What is one step that you can take to relinquish control, pace and purpose again? Start small. Ask yourself: What do I need to do more of? What do I need to do less of?

2. Make sure that *you* are choosing your turf. Bouncing the same ball on different surfaces will achieve different results. Some turfs are soft such as grass, while others much harder like concrete. A ball will bounce back far higher and stronger if bounced on a concrete surface. Who and where are *your* concrete surfaces, which will help you bounce back more easily? Position yourself accordingly. Where are your happy and soul filling spaces? These could be relational spaces, work spaces, community spaces, spiritual spaces, recreational spaces etc. Also identify which spaces cause you the most stress and tension that wear you down. Ask: Who or what do I need more of now in order to bounce back? Who or what do I need less of now?

3. Make sure you include a few fun balls along the way! Life has been quite serious and stretching over the past year. 'Serious' can easily invade and dominate all areas of our lives if we're not careful. This makes the bounce back tougher. Although we can't always dictate the depth of the demands, we can help ease it by adding in a little fun, even when it's the last thing we feel like doing.