

Supporting Mental Health within British Dressage – Joshua Bailey

"In the Saddle of the Mind"

In fields where hooves and heartbeats run,
Beneath the rising morning sun,
We ride not just with reins in hand,
But with the strength to sometimes stand.

Never give up the trail is long,
Some days you're weak, some days you're strong.
The stirrups shake, the skies turn grey,
But still, you mount and find your way.

Set yourself goals, both big and small,
Not every jump means not to fall.
A quiet ride, a steady pace,
Can be its own triumphant race.

Little steps a gentle guide,
The journey counts more than the ride.
Each nudge, each breath, each whispered cue,
Shows how much courage lives in you.

It's ok to laugh, dream or even cry,
To ask the "how," to question "why."
The barn and stables are your safe place,
So let healing heartbeats start within.

Honor your strength in all its forms,

In silent thoughts or thunderstorms.

You're not alone this family we share,

Its built-on hope, and love, and care

You are more than every fall,

You are courage through it all.

Keep riding on, as this journey's tough, but you're not done.

The path you ride is never straight, It twists with time,

Each challenge met, each moment passed,

Is proof your strength was built to last.

Look 'round the arena you're not alone,

There's support in places yet unknown.

A quiet nod, a helping hand,

Another rider who understands.

Remember success is failure turned inside out.

So, when the world feels far too wide,

When doubts begin to match your stride,

Just breathe, reset, and hold on tight

The darkest trails still lead to light.