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How to ride a horse for the first time

Last Updated on June 1, 2021 “Busy” used to be a fair description of the typical schedule. More and more, though, “busy” simply doesn’t cut it.“Busy” has been replaced with “too busy”, “far too busy”, or “absolutely buried.” It’s true that being productive often means being busy...but it’s only true up to a point.As you likely know from personal experience, you can become so busy that you reach a tipping point...a point where your life tips over and falls apart because you can no longer withstand the weight of your commitments.Once you’ve reached that point, it becomes fairly obvious that you’ve over-committed yourself. The trick, though, is to recognize the signs of “too busy” before you reach that tipping point. A little self-assessment and some proactive schedule-thinning can prevent you from having that meltdown.To help you in that self-assessment, here are 7 signs that you’re way too busy:1. You Can’t Remember the Last Time You Took a Day OffOccasional periods of rest are not unproductive, they are essential to productivity. Extended periods of non-stop activity result in fatigue, and fatigue results in lower-quality output. As Sydney J. Harris once said,“The time to relax is when you don’t have time for it.”2. Those Closest to You Have Stopped Asking for Your TimeWhy? They simply know that you have no time to give them. Your loved ones will be persistent for a long time, but once you reach the point where they’ve stopped asking, you’ve reached a dangerous level of busy.3. Activities like Eating Are Always Done in Tandem with Other TasksIf you constantly find yourself using meal times, car rides, etc. as times to catch up on emails, phone calls, or calendar readjustments, it’s time to lighten the load.It’s one thing to use your time efficiently. It’s a whole different ballgame, though, when you have so little time that you can’t even focus on feeding yourself.4. You’re Consistently More Tired When You Get up in the Morning Than You Are When You Go to BedOne of the surest signs of an overloaded schedule is morning fatigue. This is a good indication that you’ve not rested well during the night, which is a good sign that you’ve got way too much on your mind. If you’ve got so much to do that you can’t even shut your mind down when you’re laying in bed, you’re too busy.5. The Most Exercise You Get Is Sprinting from One Commitment to the NextIt’s proven that exercise promotes healthy lives. If you don’t care about that, that’s one thing. If you’d like to exercise, though, but you just don’t have time for it, you’re too busy.If the closest thing you get to exercise is running from your office to your car because you’re late for your ninth appointment of the day, it’s time to slow down.Try these 5 Ways to Find Time for Exercise. 6. You Dread Getting up in the MorningIf your days are so crammed full that you literally dread even starting them, you’re too busy. A new day should hold at least a small level of refreshment and excitement. Scale back until you find that place again.7. “Survival Mode” Is Your Only ModelIf you can’t remember what it feels like to be ahead of schedule, or at least “caught up”, you’re too busy.So, How To Get out of Busyness?Take a look at this video:And these articles to help you get unstuck: Featured photo credit: Khara Woods via unsplash.com Tame a horse by feeding it fruits and vegetables, then select the horse with an empty hand to mount it. Equip the horse with a Saddle to control the horse's movements, then press the Sneak button to dismount. Breed horses by feeding them Golden Carrots or Golden Apples, then feed your baby horses to make them grow. This article explains how to ride a horse in Minecraft. Instructions apply to Minecraft for all platforms, including Windows, PS4, and Xbox One. Follow these steps to tame and ride a horse in Minecraft: Find a Saddle or Horse Armor: You can find these items inside Chests in dungeons or Nether Fortresses. You may also catch them while fishing. Find a horse. Horses can typically be found grazing in plains or savannas Feed the horse to tame it. Keep giving it food until hearts appear above its head. You can try mounting an untamed horse, but it will likely throw you off. If you try enough times, you may eventually be able to mount it. Select the horse with an empty hand. You'll mount the horse, but you can't control its movements yet. Put a Saddle (or Horse Armor) on the horse. Open your inventory and drag the Saddle into the appropriate box beside your horse. Ride your horse. To dismount, press the Sneak button. This button is different depending on your platform: PC: Press the left Shift key Xbox: Press the right joystick PlayStation: Press the right joystick Nintendo: Press the right joystick Mobile: Tap the center button twice If you hold down the jump button, the blue/green bar under your health will start to fill up. To jump, release the button before the bar depletes. To tame a horse in Minecraft, feed them any of the following items: Apples Bread Hay Golden Apples Golden Carrots Sugar Wheat Once you have tamed two horses, build a fence around them and feed each of them a Golden Apple or Golden Carrot. If you're lucky, hearts will appear above their heads, and you'll soon have a little colt. Feed the baby horse to make it grow into an adult. Wait at least five minutes before trying to breed your horses again. Thanks for letting us know! Tell us why! Your very first step to learning to ride is learning to get on the horse. The first few times you get on a horse, whether you have a saddle or are riding bareback, have someone hold the horse's head so that it stands quietly. You can and should be able to get on from the ground. However, a mounting block is easier for you, gentler on the horse's back, and better for your saddle. Make sure the mounting aide is sturdy and safe. Rickety fence rails, old chairs, and thin plastic buckets can be hazardous when used as a mounting block. If you don't have a mounting block, and your horse is tall and your legs are short, you can drop the stirrup a few holes so that you can reach it with your toe. You can also use a stirrup extender. Don't forget to readjust the stirrup leather to the proper length once mounted. It is traditional to mount a horse from the near side (the left). But you should be able to mount from the offside as well. Lead your horse out of the stable. It is unsafe to get on a horse in a confined area with low roofs or narrow doorways. If you are riding an English saddle, run the stirrups down the leathers to hang free. Getting on isn't all about strength. The first few times, it will feel like getting on is a struggle. Soon, you will learn to use your balance to help you spring into the saddle. Before you get on, check to see if your girth or cinch is snug. Do a last-minute check to see if all your bridle buckles are fastened. Check that your stirrups are the correct length. Make sure you have a helmet on. In your excitement to ride, small details are easy to overlook. Check your cinch or girth before mounting. The Spruce Pets / Katherine Blocksdorf Hold both reins in your left hand and gather them with a tuft of mane. Hold the off or right-side rein a tad tighter to help prevent the horse from swinging away from you as you get on. Turn the stirrup with your right hand so that the leather or fender lies flat when you are sitting in the saddle. Many people face more forward when mounting. This foot placement makes it less likely that you will poke your left toe into the horse as you are rising. Many people learned to face towards the back. In this picture, the rider is standing so that she's facing slightly to the front. Face whichever way you prefer. If you face backward, turn the stirrup clockwise towards you. If you face front, turn the stirrup a half a turn counter-clockwise. Taking a moment to position the stirrup ensures you do not end up with the leather or fender uncomfortably twisted under your leg once you are seated. Run the stirrups down on an English saddle. The Spruce Pets / Katherine Blocksdorf Lift your left foot into the stirrup, so the ball of your foot is resting comfortably on the bottom of the stirrup. You should have the reins and tuft of mane grasped in your left hand; your right hand will now grab the cantle of your saddle. Your right leg will be balancing your weight and ready to spring. Face to the rear or forward. The Spruce Pets / Katherine Blocksdorf Use your right leg to push you up. You won't be pulling yourself up with your arms. Your hands and arms are only there for balance. The spring of your leg should propel you upwards. It sometimes helps to do a few tentative springs to gain upward momentum. As you become balanced over the horse's withers, let go with your right hand, moving it up to grasp the reins. At the same time, swing your free leg (right leg, if you're mounting on the traditional side) up and over the saddle's cantle. Lift your leg high enough that you don't kick your horse in the haunch or hit your leg on the back of the saddle. Settle gently into the saddle. Coming down with a thud is uncomfortable for your horse and may even startle it. Spring with your right leg. The Spruce Pets / Katherine Blocksdorf Arrange the reins so that you are holding them properly. Some people like to use their right hand to turn the stirrup leather, so finding the stirrup is easier. Or, use your toe to find the offside stirrup and place your foot in the stirrup, so the ball of the foot is resting comfortably. You are now ready to ask your horse to walk. If at any time the horse starts to move off while you're trying to get into the saddle, slide off. Stop the horse, quiet it, and start over. It is safer to be either fully on the ground or in the saddle when dealing with an anxious horse. Next, learn to dismount properly. Ready to ride. The Spruce Pets / Katherine Blocksdorf You can't learn to ride a horse from a website, book, or video. The best way to learn to ride a horse is with a competent coach or instructor, who can catch bad habits before they become ingrained, advise you of mistakes you may be making, encourage you, and offer advice to keep you safe and comfortable. But you can prepare and learn what you'll be learning once you're on a horse whether you plan to learn to ride English or Western. Here's what you'll need to learn to competently ride a horse. The first thing you'll learn about riding may not be actual riding skills. You may come across riding schools where you'll simply get on the horse and start riding. But learning to tie, groom, and lead are essential skills that help you learn to understand horses, stay safe, and increase your enjoyment. This is especially important if you plan to head out alone once you're able. With your horse safely tied and groomed, it's time to saddle up for your ride. Learn how to put on an English or Western saddle and bridle, and how to do up the cinch on a Western saddle. With your horse waiting, groomed, saddled up, and ready to ride, you'll want to get going. But don't rush things: It's important to understand how to mount your horse and once you're up there how to sit correctly in the saddle as you ride. When you first begin riding, you will feel awkward and unbalanced. You may feel unable to make all your body parts do all the things they are supposed to at the same time. You may be using muscles not familiar with the job you are asking, and have difficulty remembering all you are supposed to do. The key is practice. How to walk and halt: The first thing your instructor will explain is how to cue the horse to walk. If you've never ridden before, it will take a little time to get used to the motion of the horse. How to turn (English): Most English riders will learn to use a direct rein to turn their horses. How to turn (Western): Most Western riders will likely learn to neck rein. As your confidence and skill increase, it is time to learn to ride at faster paces. Challenge yourself, but never feel rushed. Learning to ride is supposed to be fun, not scary. Posting the trot: Trotting can be a lot of work to learn, especially posting the trot. Again, practice is key. Soon it will become the natural thing to do. Sit the trot: Learning to sit the trot can be tricky. These tips can help get the bounce out. Canter or lope: The canter/lope is a lot of fun, and once you are secure almost easier than trotting. These aren't riding skills, but safety with horses is always the first priority. Your coach can help remind you of these safety tips as you ride because it can be difficult to remember so many new things. Arena etiquette and safety: Just like rules of the road prevent traffic chaos, arena etiquette prevents riders from getting too close or cutting each other off. Safety on the trail: Riding on a trail is an adventure that comes with a few hazards. Be prepared by knowing what to watch for. Riding more safely after dark: If you get caught (or go out) riding after dark, extra caution is required. Safety riding along roadsides: Generally, horses and traffic don't mix. But if you have to ride along roadsides, stay safe. The Spruce / Theresa Chiechi These skills go beyond the basics. Learn how to fall off and do an emergency dismount under the supervision of a knowledgeable coach. Always wear a helmet and proper boots or safety stirrups. Consider using a chest protector and a mouth guard as well. Backing up or rein-back: There are lots of situations where backing up is handy. Ride bareback. Riding bareback is fun, and in the winter, warmer! How to fall off: Emergency dismounts and falling the right way may help you if your horse bolts, bucks or otherwise misbehaves, although there is no sure way to prevent accidents and injury when riding horseback. How to do an emergency dismount: What your coach can teach you about getting off fast. Being a good horseman/horsewoman means you look after your horse even after its job is done. You don't want your horse to be uncomfortable, and you don't want it to think that being ridden is all work and no play. Here's how to get out of the saddle and reward your horse. Comstock Images / Stockbyte / Getty Images Dismount: Because we have other things to do, unfortunately, we have to get off our horses sometime. Properly dismounting from your horse is the first step after you've finished your ride. Look after your horse after riding: A sign of good horsemanship is a horse that is not only ridden well but cared for well. Here's how to cool down your horse and groom it after riding. Reward your horse with safe treats: Reward your equine friend for a job well done. But do it safely.

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