

How to Overcome the Anxiety before a Performance

Jack Fairbanks

A dark blue diagonal gradient bar that starts from the bottom left and extends towards the top right, covering the lower half of the slide.

Few Questions



Who here has had anxiety before a test? Can anyone tell me why?

Who here is or was an athlete?

Have you ever felt anxious before a game or performance?

Background



What people say that can help you with presenting

- *"just know your your content"*
- *"just practice in front of your dog"*
- *"just practice deep breathing techniques"*

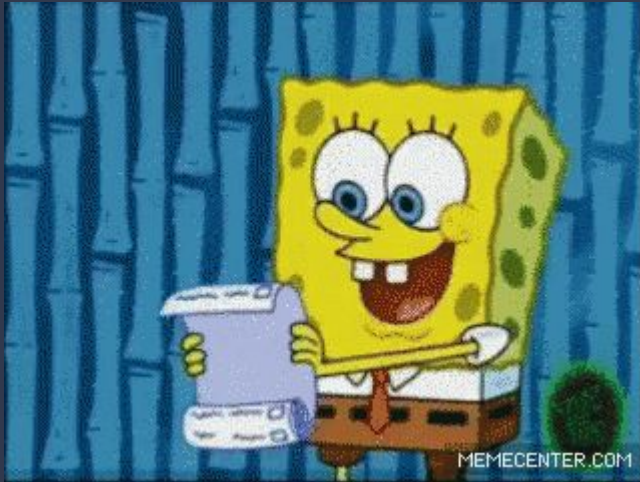
What is anxiety?



A feeling of fear, dread, or uneasiness. This is something that comes up when people are going into a stressful situation.

Anxiety is a common problem for people, whether it happens in front of others, a test, a speech, or a game

List of different easy to help anxiety



- 8 Different ways to help anxiety

Breathing Techniques



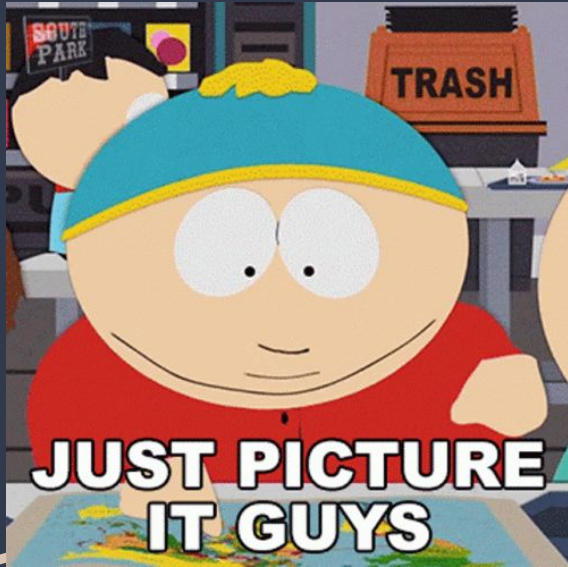
Take a 4-second inhale,

Hold your breath for 4 seconds,

Exhale for 4 seconds, and finally,

Wait 4 seconds before repeating

Visualization



Mentally rehearsing what you are going to say or do

Imagining yourself successfully executing each part of your performance can boost your confidence

Positive Self Talk

Positive self-talk can significantly boost your confidence and reduce anxiety

"I might mess this up"

"I've prepared, and I can do this"



Relaxing your muscles



Notice your hands shaking,

Your legs feeling tense,

Your shoulders tightening up

Tense your toes for a few seconds,
then releasing them

Work your way up your body hitting the
major groups of muscles till you get to
your face

Stay Active



Movement naturally burns off some of that nervous energy

Jumping Jacks

Push-ups

Stretching

Perspective

One game or presentation doesn't define you

Experience is a chance to learn and grow

Surround yourself with people who support you and remind you that it's okay not to be perfect



Grounding and Mindfulness



Focusing on your immediate surroundings

Grounding helps break the cycle of anxious

Mindfulness Practice

Focusing on the present moment
without judgment

Accept whatever emotions or thoughts
come up

Apps like Headspace or Calm

Conclusion



Techniques are useful tools for managing anxiety

Different things work for different people

Takes time and practice

Information

"Public Speaking Cure Free Diagnosis & Workshop." *Public Speaking Cure Free Diagnosis & Workshop*, www.publicspeakingcure.com/treatment-vsl?comet_source=google&comet_network=g&comet_campaign=20575974435&comet_ad_group=153744024453&comet_ad_id=675040942763&comet_keyword=conquering+public+speaking+anxiety&gad_source=1&gclid=Cj0KCQjwrp-3BhDgARIsAEWJ6SzRYtLs7eJbOPBejnAlAKig5jMyd1DFAfTJYVW8fBatlFW2g5mUsXoaAnG0EALw_wcB. Accessed 18 Sept. 2024.

"Overcoming Performance Anxiety in Music, Acting, Sports, and More." *WebMD*, WebMD, www.webmd.com/anxiety-panic/stage-fright-performance-anxiety. Accessed 18 Sept. 2024.

"How to Overcome Stage Fright." *School of Rock*, 23 May 2018, www.schoolofrock.com/resources/music-industry/how-to-overcome-stage-fright.