

Controlling Nervousness and Anxiety

The bad news is, nervousness never goes away; the good news is, nervousness never goes away (it helps you perform better).

Here are some tips for getting 'presentation anxiety' under control.

- Nervousness is natural and anyone who presents in front of a group has some butterflies. The key is to get the butterflies to fly in formation
- You will always feel more nervous than you appear – nervousness is expressed internally more than externally
- The best way to reduce anxiety is to be prepared and practice, practice, practice
- Sincerity and enthusiasm will offset any shortcomings resulting from nervousness
- Be yourself – talk to your audience about your topic as if you were talking to one person

Two techniques for controlling nervousness:

- Deep breathing
 - Take several deep breaths, exhaling fully
 - Hold your third or fourth breath in your lungs for ten seconds
 - Blow your breath out as far as you can (use your diaphragm to push the last bit of air from your lungs)
 - Repeat
- Isometrics
 - While seated, put your hands under the chair and pull up as hard as you can
 - Continue for ten seconds then release and relax
 - Repeat

A Word About Your Audience

- They're there because they want to be there
- They want you to succeed
- They are generally open-minded and receptive to new ideas
- They rarely notice signs of your nervousness (unless you point it out)
- Most are glad it's you doing the speaking, not them