

Conquering Performance Anxiety (aka Stage Fright) An Insider's Guide to Success

Physical Symptoms

- General Anxiety
- Stomach/Gastro Upset
- Dry Mouth
- Sweaty Palms/Cold Hands
- Trembling
- Hyperventilation
- Racing Pulse



Tips and Tricks

- ✓ Prepare
- ✓ Practice, Practice, Practice
- ✓ Focus on Pleasant Faces
- ✓ Engage the Audience/Performance
- ✓ Proper Rest
- ✓ Proper Hydration/Nutrition
- ✓ Physical Coping Triggers

"When we walk to the edge of all the light we have and take the step into the darkness of the unknown, we must believe that one of two things will happen. There will be something solid for us to stand on or we will be taught to fly."

- Patrick Overton