

10 TECHNIQUES FOR OVERCOMING SPEAKER'S ANXIETY

An Infographic by **24Slides** together with **Joe Navarro**



1. RECOGNIZE THAT STRESS OR SOCIAL ANXIETY IS A NATURAL REACTION

Tell yourself this is to be expected and many presenters, even after years of presenting, still get the jitters. It's OK.



2. FRONT IT

If you are nervous sometimes it is best to tell your audience.



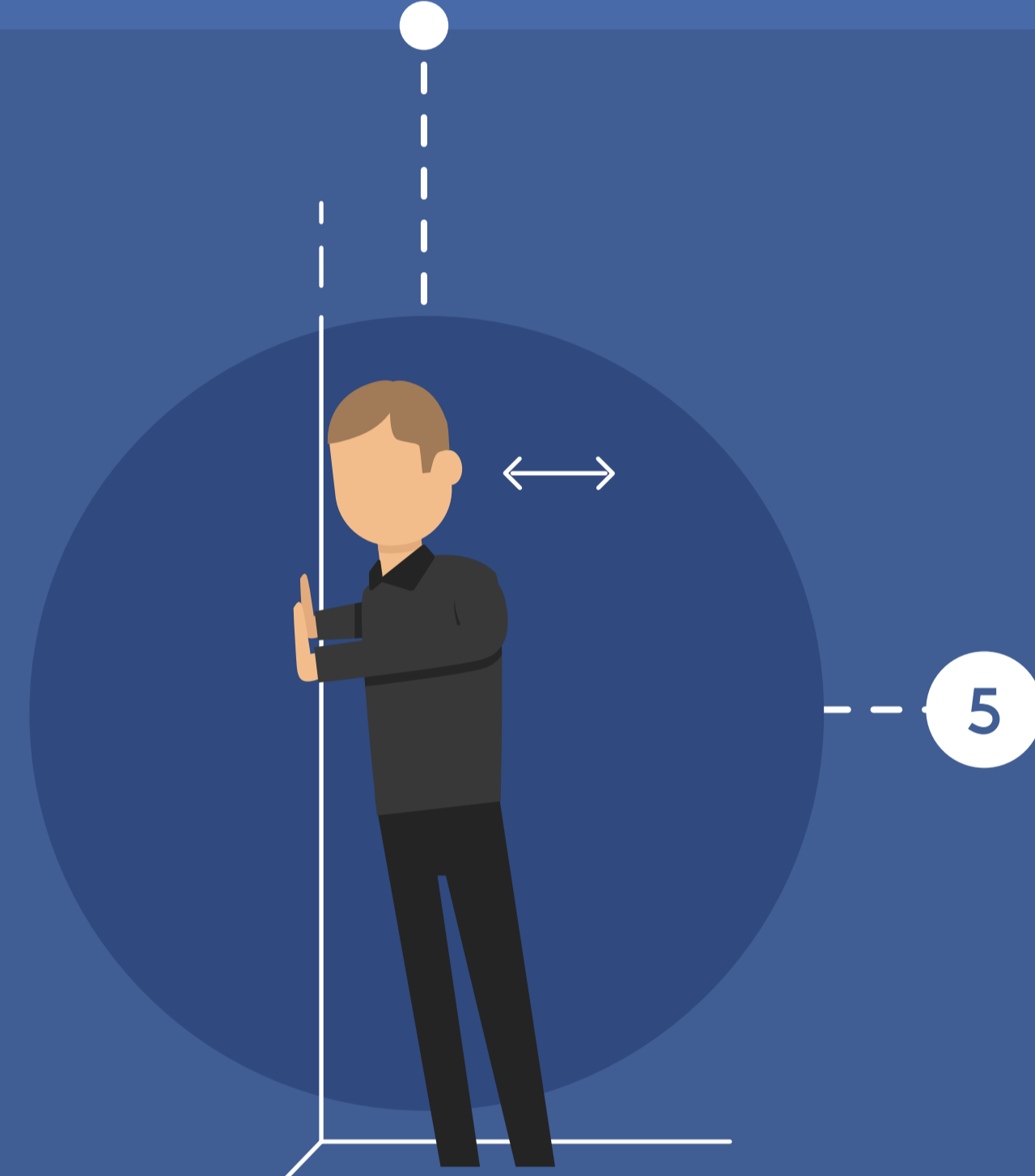
3. DRINK WATER

Anxiety causes our mouths to dry so you want to be hydrated and have water available on stage - just in case.



4. STRETCH BEFORE GOING ON STAGE

Each person has his or her own go-to favorites—see what works best for you.



5. TRY THE PUSH AWAY

Stand about two feet away from a wall and do push-aways much as you would do a push-up. Five quick push-aways is often just enough to lessen anxiety.



6. FORCE YOURSELF TO FOCUS ONLY ON FRIENDLY FACES

That will go a long way to help you relax. Once you find one then look for another and skip the unhappy or those that are disinterested.



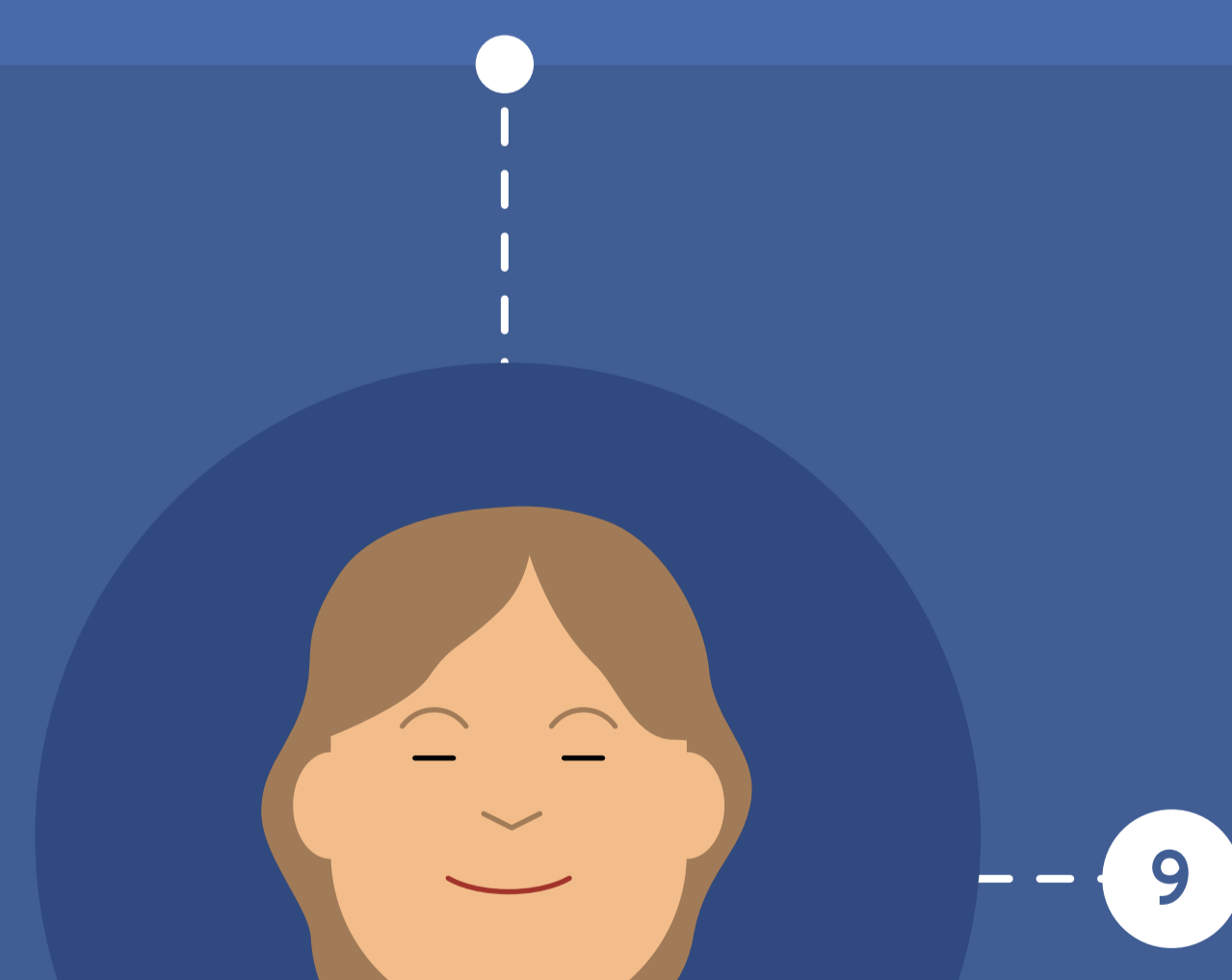
7. CONTROL YOUR SECURITY BLANKET/ PACIFYING BEHAVIOR

Acknowledge to yourself that you do these things and that it is normal. On stage repeat to yourself, "I will still do these things, only this time I will do them more slowly and gently."



8. LEARN TO ACCEPT THAT THE STAGE IS YOUR FRIEND

It is there for your benefit: to focus attention, to reach a broader audience, or to enhance your presentation—it is not your enemy.



9. TAKE A DEEP BREATH AND EXHALE REALLY SLOWLY

Don't hesitate to let the audience know this is hard for you— they understand and will admire you for trying.



10. REHEARSE, REHEARSE, REHEARSE

Because it helps to relieve stress and you can hear that all familiar voice; your own voice, and that alone helps you to calm down.

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SOURCE :

<https://www.psychologytoday.com/blog/spycatcher/201508/10-techniques-overcoming-speakers-anxiety>