TIPS FOR MANAGING ANXIETY

1. Try not to spend too much time before your presentation worrying. Don’t change your regular routine.
   Focus on POSITIVE, not negative, outcomes!

2. Arrive at the place where you are giving your speech early enough to get organized and feel comfortable with your surroundings.
   - Practice in the classroom if possible
   - If you are not speaking first, take as much time as needed (within reason) to gain the level of comfort you desire before speaking

3. Get a good start. Make sure you are extremely familiar with your introduction so that you are able to start on the right foot.

4. Use humor, in moderation, if it helps to relax you.

5. Remember that the audience is friendly and will rejoice in your success.
   You’ve never thought to yourself, “I sincerely hope this speaker bombs their presentation.” Everyone wants you to succeed!

6. Measure your success based on your personal accomplishments. Don’t compare yourself to others; focus on your own personal improvement and growth.

7. Talk about topics that you are interested in, have a passion for, or have a good deal of knowledge about. When you’re passionate, your audience will be passionate.

8. BE PREPARED! Be organized, and make sure to rehearse out loud at least 2-3 times before your speech (be careful not to overdo it—you don’t want to sound too rehearsed).

9. Be natural. BE YOURSELF and let your personality shine through.

10. Know that you are trying your hardest. Try to look your best as well, professional and comfortable.

11. Realize that your will not be perfectly calm. Expect a certain level of anxiety, but realize that you can manage anxiety to work to your advantage. Channel the anxiety and adrenaline into a positive and powerful energy!