



Tips for Managing Speech Anxiety

- **Embrace Your Nerves:** Recognize that some anxiety is normal and can even enhance your performance by keeping you alert.
- **Be Well-Prepared:** Thorough preparation boosts confidence. Know your material inside and out.
- **Practice Relaxation Techniques:** Calm your nerves before speaking through deep breathing, meditation, or progressive muscle relaxation.
- **Visualize Success:** Imagine yourself giving a successful speech. Positive visualization can increase your confidence.
- **Know Your Audience:** Understanding who you're speaking to can help you tailor your message and reduce anxiety.
- **Practice, Practice, Practice:** Rehearse your speech multiple times in front of a mirror and, if possible, in front of a small, supportive audience.
- **Seek Feedback:** Use feedback from practice sessions to improve your speech and delivery.
- **Arrive Early:** Get comfortable with the speaking venue and set up before your presentation starts.
- **Dress for Success:** Wear comfortable, appropriate attire to boost your confidence.
- **Use Positive Physical Activity:** Before your speech, engage in light exercise to reduce stress and increase endorphins.
- **Avoid Negative Self-Talk:** Replace critical thoughts with positive affirmations related to your speaking ability.
- **Engage with Your Audience:** Making eye contact and connecting with your audience can make the experience more conversational and less intimidating.
- **Focus on Your Message, Not Perfection:** Your goal is to communicate effectively, not to deliver a flawless performance.
- **Have Notes Handy:** Use bullet points or key phrases on note cards for reference, not as a script to read from.
- **Listen to Calming Music:** Before you speak, listen to music that relaxes or motivates you.