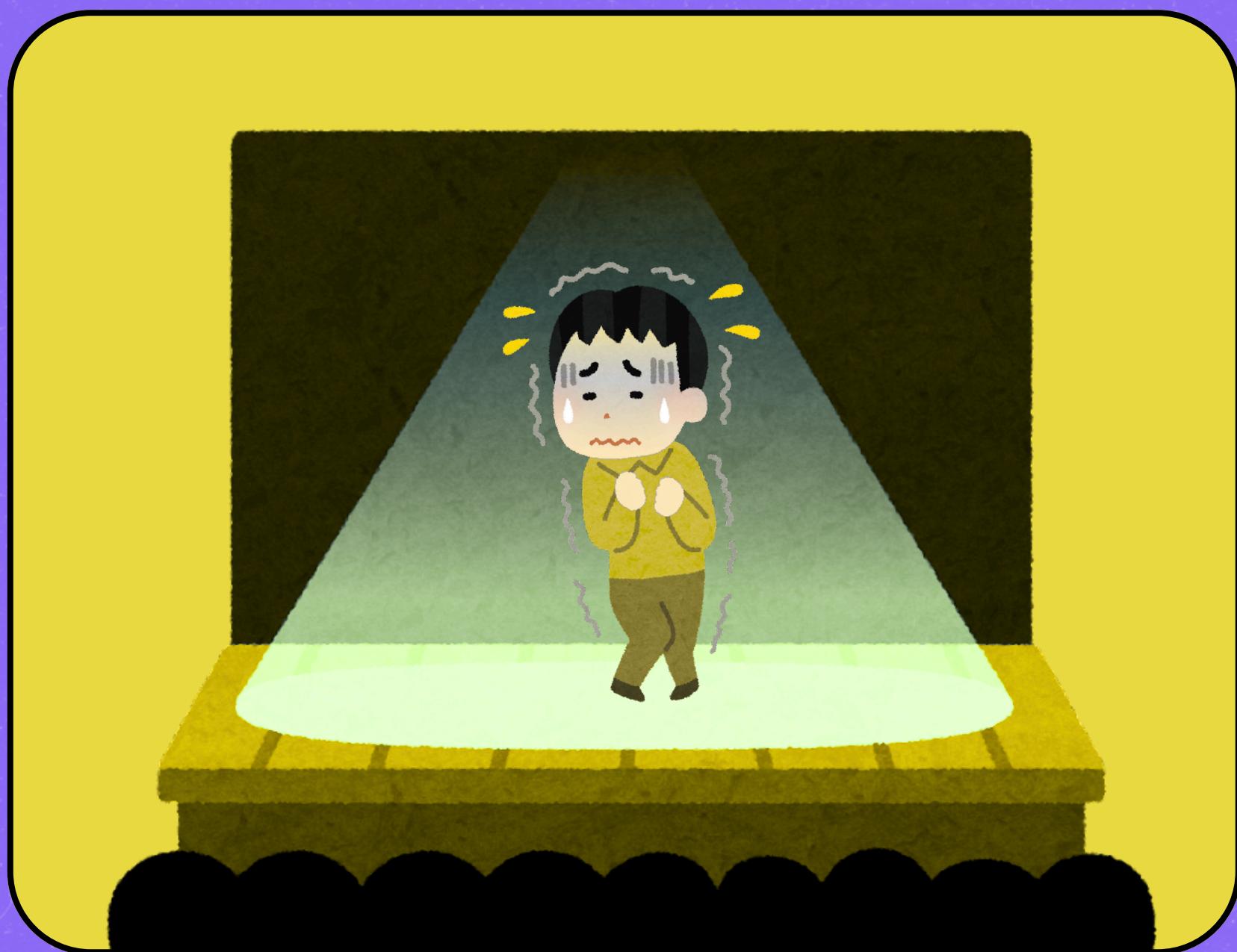


HOW TO HANDLE STAGE FEAR LIKE A PRO



Sweaty hands. Racing heart. Blank mind.
Stage fear is real but totally beatable.

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Even SRK admits
he still gets nervous before big speeches.
The difference? He shows up prepared.
Here are 5 simple tricks to calm your
nerves before stepping on stage





1 BOX BREATHING



- Breathe in for 4 seconds → Hold for 4 → Out for 4.
- It slows your heartbeat, clears your thoughts.
- Science says it signals your brain: “You’re safe.”
- Try it right before going on stage instant calm.

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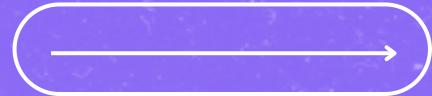


2 VISUALIZE SUCCESS

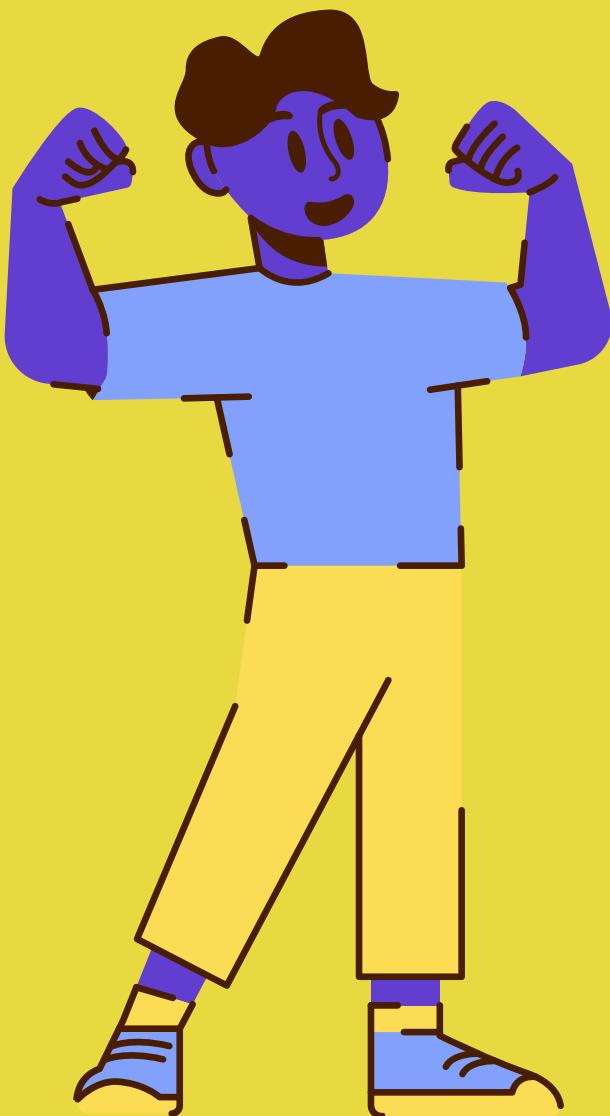


- Close your eyes for 30 seconds.
- Picture yourself speaking confidently
- Imagine the applause, the nods, the smiles.
- Your mind rehearses it and your body follows.

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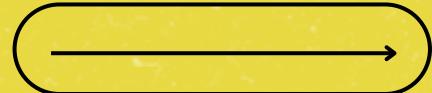


3 POWER POSE



- Stand tall. Shoulders back. Chin up.
- Hold this for 2 minutes before speaking.
- It boosts **testosterone (confidence)** and lowers **cortisol (stress)**.
- You'll feel like you belong there because you do.

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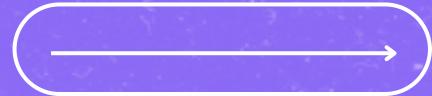


4 START WITH A SMILE

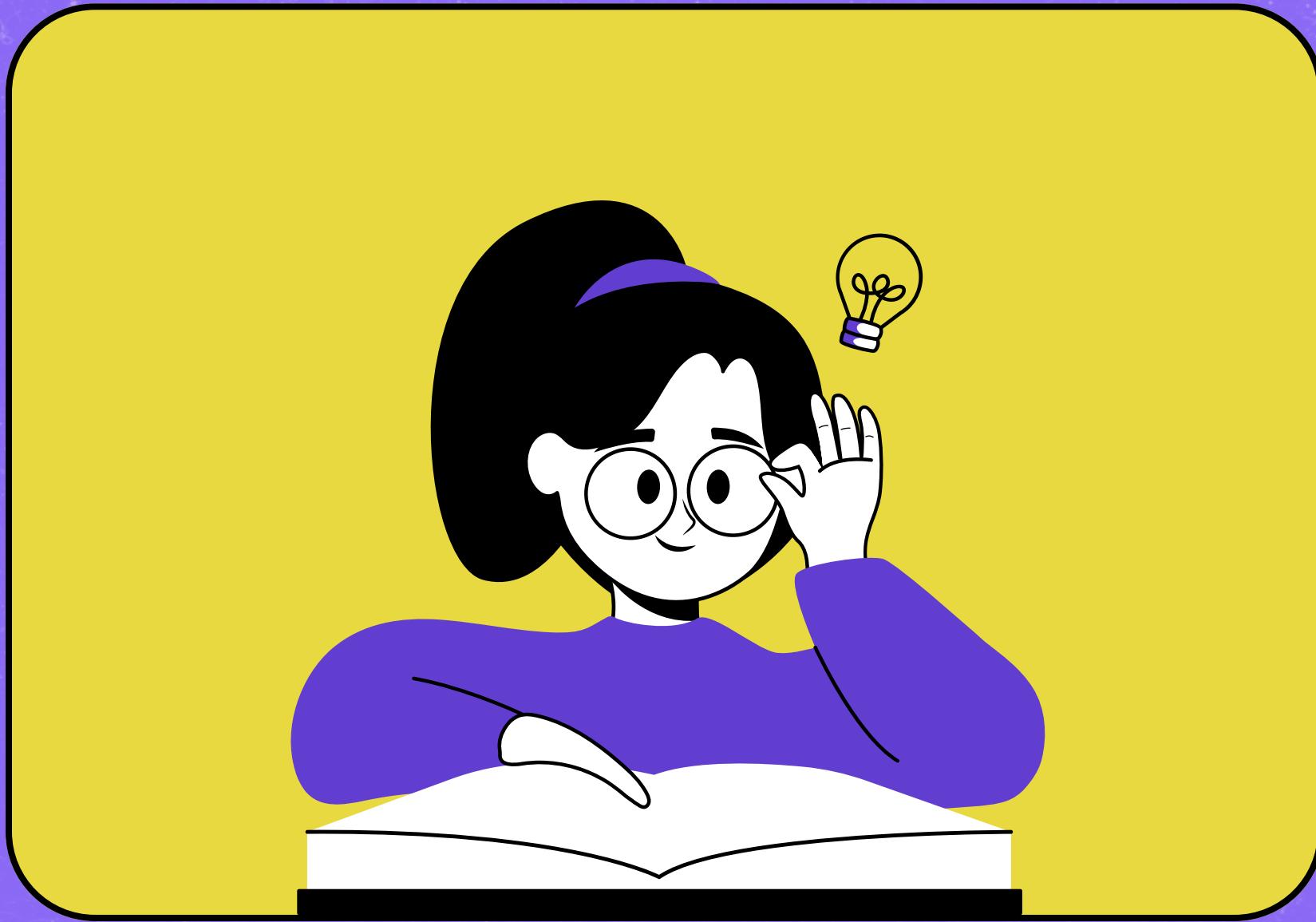


- Before words, your face speaks
- Smile at your audience it signals warmth and confidence.
- Your brain mirrors that calm back to you.
- It's a mutual comfort switch.

ooo



5 ANCHOR LINE



- Memorize just your first 10 seconds.
- A strong opening anchors confidence the rest flows naturally.
- Once you pass the start, fear fades.
- Example: “Good morning everyone let’s make this fun!”
Simple, steady, powerful.





Try 2 of these in your next class presentation.

Stage fear fades when practice meets preparation.

Tag a friend who freezes on stage

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