

Overall I have trait anxiety where I get nervous in any public speaking or group speaking environment. My anxiety has decreased throughout the years, but I remember giving presentations in middle school was tough. I recall drawing blank a few times during presentations, which I've learned to counteract by practicing. Generally, even though I can prepare for hours, the anxiety doesn't subside with preparation. This image best describes it. It feels like trying to straighten up this feeling of chaos to no avail. I'm not the type to run from my shortcomings, so I am looking forward to confronting this problem.

To counteract some of the anxiety, I usually breathe deeply for about a minute and put myself in a semi meditative state. The book offers some pretty handy advice such as isometric exercise, which I recall learning about in high school. It's a method I plan on applying paired with deep breathing to reduce my anxiety. It generally calms me to know when giving a public speech, that it's only temporary. Meaning the anxiety and fear is only in the moment. Looking past the feelings has helped me a ton with giving presentations in college.