

Dealing with Anxiety

It is perfectly normal to get excited or nervous before a presentation. It's human nature really. Here are some of my best techniques to release anxiousness when the pressure is on. Try them and see for yourself.

Belly Breathing

- Sit comfortably with your feet on the ground.
- Relax your belly and close your eyes.
- Breathe slowly in through your nose and out your mouth.
- Find a comfortable length to breathe in and out.
- Quiet your mind.
- Release tension in your shoulders, neck and face.
- Continue breathing until you have released all tension.

Visualization

- Picture the presentation as if it is happening right now.
- See yourself smiling. You are happy and confident.
- Notice the details of the room.
- Be aware of the audience's approval.
- Walk through the presentation enjoying each moment as it unfolds.
- Repeat this process until you can successfully get through the presentation from start to finish.

Listen

- Enjoy the attached recording. Music courtesy of Jinsoo Kim and Jason Fischer