

Tips for Handling Nervousness

It's no secret that presenting in front of others can be extremely anxiety inducing. Here are a few tips to help quell the nerves and make content delivery as smooth and effective as possible.

1. Practice, practice, practice!!

- The more you familiarize yourself with your presentation, the easier it will be to recall the information during the actual presentation
- It's a muscle memory exercise

2. Identify why you're nervous: Is it because this is a graded assignment? Because you don't want to embarrass yourself? All of the above?

- Rationalize the negative feelings and transform them into more positive ones such as excitement or confidence
- Play a character to make yourself think that the presentation is more natural than it feels i.e. a news anchor, a top student, etc.

3. Establish a calming pre-presentation ritual

- Take deep breaths
 - The 4-7-8 breathing technique helps to slow the body down (inhale for 4 seconds, hold for 7, and exhale for 8)
- Drink small sips of water
- Do vocal warm ups i.e. tongue twisters, yelling
- Do physical warm ups i.e. jumping up and down, stretching
- Go to the bathroom

4. Visualize yourself successfully presenting

- Close your eyes and picture yourself giving a perfect presentation
- Hold the power stance for 10-15 seconds
 - Legs shoulder-width apart, hands on hips, chest puffed out, chin up (like a superhero)
- The more you picture the presentation going smoothly, the more likely that it will actually happen