

Tips for Coping with Anxiety

- **Practice in small bits, then put the whole together.** Practice the introduction, each point, and the conclusion separately. Put it together. You are building a talk.
- **Visualize giving a successful talk.**
- **Use positive self-talk.** Tell yourself you know what you are doing!
- **Spend extra time on the introduction.** The rush of adrenaline is worse during the first 30-60 seconds. By knowing your introduction well, you give yourself a chance to become calm.
- **Concentrate on the audience, not on yourself.**
- **Never call attention to your anxiety.** You want to appear calm. The audience cannot hear your heart beating!
- **Engage the audience.** Ask a question. Take the attention off yourself for a moment.
- **Take a few steps.** Movement helps dissipate the extra energy you feel.
- **Engage in small talk with audience members beforehand.** When you begin speaking, look at those friendly faces for reassurance.