Say What?!?

Tips to Overcome Public Speaking Anxiety

PRPSA

- Personal Report of Public Speaking Anxiety
- Take the next 5 minutes or so to fill this out

What IS Public Speaking Anxiety?

- Fear that arises in anticipation of a public performance
- When we feel scared or nervous, we begin to experience symptoms of anxiety
- Sympathetic Nervous System→Fight of Flight

WHY does this happen?

- Natural process the body initiates to protect us from harm
- Body releases adrenaline into the blood stream causing a chain of reactions

Symptoms

- Racing Heart
- Dry Mouth
- Shaky Voice
- Blushing
- Trembling
- Sweating
- Lightheadedness
- Nausea

What can we do?

- PRACTICE
- Focus on your topic, not your anxiety
- Be yourself
- Practice controlled breathing/meditation/yoga
- Limit Sugar and caffeine
- Connect with your audience
- Fake it till you make it
- Get excited

You are in control of YOU

- And when you find yourself out of your own control, redirect that energy
- Fear and exhilaration are the same thing!
- Always focus on the positive
- Make it fun!

Thank you for coming to this Brilliant Bobcat Session!