



### Oral Presentation Anxiety

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If you experience anxiety before or during an oral presentation, here are some tips to help you stay calm and in control:

#### **Before Your Presentation**

- *Put extra effort into organizing the introduction.* If you feel confident when you begin, it is likely you will feel the same until you are finished.
- *Plan some visuals.* By diverting the focus away from you, it will reduce your anxiety.
- *Practice in front of friends.* This will help you improve your content and increase your confidence.

#### **Practice Relaxation Techniques**

- *Breathe in deeply through your nose for five seconds.* Hold your breath four seconds, then breathe out slowly through your mouth for eight seconds. Release your stress and anxiety.
- *Create a peaceful scene in your imagination.* It might be a beach, a forest, or a mountain. As you imagine yourself in that place, let go of any tension.
- *Tense and release your muscles.* Starting with your feet, tighten your muscles for three seconds, then consciously relax them. Move up your body, tensing muscles and releasing any negative thoughts.

#### **Practice Positive Thinking**

- If you believe you can do it, you can!
- When you feel anxious, STOP, and redirect your thoughts into positive self-affirmations. Be kind to yourself.
- Imagine the best possible scenario. Visualize yourself giving an excellent presentation.
- Fake it until you make it. Act confident, even if you don't feel it inside.
- Do something you are naturally good at. This will make you feel good before your presentation.
- As you begin your presentation, look at trusted friends, rather than the group as a whole.
- Focus on your ideas. Keep your mind on the information you are presenting, not on how you are feeling emotionally.

#### **After your Presentation**

- *It is over, and you did it!* Reward yourself!