Major Concerns with Speech Anxiety

- It is entirely normal to experience anxiety!

- Everyone has or has had some level of anxiety.
  - The key is learning how to control your nerves.

- Your nerves are usually not visible to the audience.
  - Even if they are visible, the audience usually does not focus on them.
  - Just remember, the audience does not want you to fail.
Strategies to Cope With Speech Anxiety

- **Gain experience**
  - The more times you deliver a presentation the easier it will get.

- **Be prepared**
  - Go into the situation with as much knowledge, preparation, and experience as you can.

- **Practice positive thinking**
  - See the speech experience and yourself, as a speaker, in a positive light.

- **Use the power of visualization**
  - Visually walk through the presentation from start to finish.

- **Do NOT expect perfection**
  - Everyone makes mistakes. The key is learn from those mistakes!

Methods for Presentation Day

*The key is finding which strategy works for you!*

- **Focus your nerves**
  - Tighten and release your muscles or use a stress ball prior to speech.

- **Meditation/Deep Breathing**
  - Scientifically proven to lower stress and anxiety levels.

- **Listen to music**

- **Be at your mental and physical best**
  - Prior to your speech, eat and drink plenty of water.

- **Work especially hard on the introduction**
  - The introduction can set the stance for the remainder of your speech. This can boost your self-confidence!
Just remember...

- Humans are not perfect!
  - We all make mistakes.
- Nervousness is normal!
- You can learn to control your anxiety.
- The audience wants you to succeed.
- The audiences is usually not aware of your nerves.
- Be prepared!
- Focus on communicating your message.

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