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