

TOP 10 WAYS TO MANAGE SPEECH ANXIETY

10. DON'T FIGHT IT! STAGE FRIGHT FOCUSES, INTENSIFIES AND ENERGIZES!

9. DON'T TELL YOUR AUDIENCE YOU ARE NERVOUS. NO ONE WILL NOTICE.

8. BREATHE. DON'T FORGET TO BREATHE!

7. "FAKE IT UNTIL YOU MAKE IT!" - NOT CONTENT BUT CONFIDENCE.

6. GET MOVING. EXERCISE BEFORE YOUR SPEECH.

5. DON'T DWELL ON PREVIOUS NEGATIVE EXPERIENCES.

4. USE POSITIVE IMAGERY. VISUALIZE YOURSELF SUCCEEDING.

3. REMEMBER, IT ALWAYS LOOKS WORSE FROM THE INSIDE.

2. HAVE FUN!

AND THE NUMBER ONE WAY TO MANAGE SPEECH ANXIETY:

PRACTICE AND PREPARATION!

Brought to you by the Communication Faculty at Red Rocks Community College

