6 Tips for Calming Your Public Speaking Nerves

➤ Stay hydrated
  o Drink plenty of water beforehand and keep a bottle of water with you while you’re speaking. A dry mouth is a symptom of anxiety so be prepared to combat it while you’re speaking.

➤ Exercise
  o The endorphins released while you exercise can help alleviate stress later in the day. Even a short walk can help out.

➤ Try pictures, visualization, or laughing just before you speak
  o Imagine yourself walking up to the podium, smiling, and confidently starting your presentation.
  o Focus on your breathing to help calm nerves.

➤ Make a change to calm down curing the speech
  o If your nervousness attacks in the middle of your presentation, take a few seconds to pause, take a deep breath, and gather your thoughts. Your audience probably won’t even notice.

➤ Embrace the energy
  o Turn your negative, nervous energy into positive energy by engaging your audience and show them your passion for the subject.

➤ Be prepared
  o Prepare your speech ahead of time and PRACTICE PRACTICE PRACTICE!

Adapted from “6 Tips to Calm Your Nerves Before Speaking” by The Public Speaker.
http://publicspeaker.quickanddirtytips.com