

Overcoming Performance Anxiety (Taming the Nerves)

Steps to consider when having to “perform”, such as when taking an exam, executing check-offs, or engaged in an activity based challenge.

- Step 1: Manage negative thoughts and create your own mantra (e.g. Yes I Can)
- Step 2: Do deep breathing exercises before starting
- Step 3: Relax the body (this will help control your emotions)
- Step 4: Know what to expect (know what you will be evaluated on)
- Step 5: Be familiar with the location (feel comfortable in the space)
- Step 6: Find a friendly face
- Step 7: Give an introduction to your activity (explain what you will be doing)
- Step 8: Practice mindfulness - (keep your awareness in the present moment)
- Step 9: Identify what you can control and what you cannot
- Step 10: Practice self compassion (be kind, patient, and understanding with yourself)
- Step 11: Practice-Practice-Practice
- Step 12: Expect SUCCESS!

Important Note: Learn to find the joy in the process, lighten up and smile (humor helps)