



How to Cope with Nervousness

Charm School

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Signs of nervousness

- Shaky knees, hands
- Shaky voice
- Forgetting what you are saying
- Eye contact problems

#1 Rule to combatting nervousness

- **PRACTICE!**

- In front of friends, family
- In front of the mirror
- With a stuffed animal
- Recording and watching yourself

#2 Rule to combatting nervousness

- Believe in yourself!
 - If you don't, then who is?
 - Confidence comes from practice

Shakiness

- Knees
 - Plant feet firmly on the floor, shoulder width apart
 - Unlock knees and keep them slightly bent
 - Stand up straight
- Hands
 - Rest them on a lectern
 - Clasp at your stomach
- Voice
 - Warm up
 - Most times, people won't notice

Forgetting your speech

- Practice
- Have a cheat sheet in hand
 - The feeling of paper might make you feel more comfortable
- Run over key points right before you speak
- Do not memorize!
 - Allow room for variability in speech

Eye contact issues

- If it's a big room, look at a blank wall in the back
- If you have a supportive friend in the audience, look at him/her instead to regain confidence
- Take a moment to look at your audience before you begin

Remember

- Most symptoms don't show
- People want you to succeed!
- Never apologize for being nervous
 - Again, the audience probably doesn't realize
- Practice
- Relax