

HOW TO DEAL WITH SPEAKING ANXIETY

Does the thought of giving a presentation make your heart race or your palms sweat? You're not alone!



3 out of every 4 people suffer from speaking anxiety at some point in their lives.

Thank your lizard brain (i.e., limbic) for triggering the **fight or flight response** that floods your body with stress hormones when you have to present. You're not fighting saber-toothed tigers anymore, but your body doesn't know the difference.



Research shows **meditation, visualization, and exercise can help reduce your stress response**, regulate your heart rate, and improve cognitive function.

TIPS FOR REDUCING **SPEAKING ANXIETY**



MEDITATE

If you've never meditated, there are a ton of apps you can download to help get you started. Or, try deep abdominal breathing: take 5-6 breaths per minute, inhaling through the nose and exhaling through the mouth, for about 10 minutes.



VISUALIZE IT

Imagine standing up to deliver your presentation, starting off well, connecting with the audience, and moving through the presentation with confidence. Do this visualization a few times a day for at least one week prior to the actual event.



EXERCISE

You may find it relaxing to take a walk before your presentation. If that isn't practical, do some form of exercise—yoga, stretching, or any low-impact exercise that gets your body moving—and do it as close to presentation time as makes sense for you.



HAVE A PLAN

Organize! A tool like the Mandel Blueprint® is ideal for helping to organize your thoughts. It's important to make the sequence of information you present comfortable and logical for you, and also rooted in the issues your audience cares about most.



PRACTICE, DON'T MEMORIZE

Deliver your presentation idea-for-idea, not word-for-word. Trying to recite a script is nerve-wracking and will sound unnatural, even phony. Practice your delivery a lot, but don't memorize it.

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