

# **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

