

# Taming Adrenaline: Surefire Strategies for Overcoming Speaking Anxiety

## Symptoms of Nervousness (*What you feel*)

- Rapid heart rate
- Dry mouth
- Butterflies or nausea
- Increased perspiration
- Clouded thinking
- Flushing
- Tense or shaking muscles

## “Tells” of Nervousness (*What you show*)

- Small posture/small voice
- Asymmetrical stance
- Hands locked down
- Facial gestures “masked”
- Self-touch
- Eyes and nose not aligned
- Tail wagging

## On-the-spot Remedies

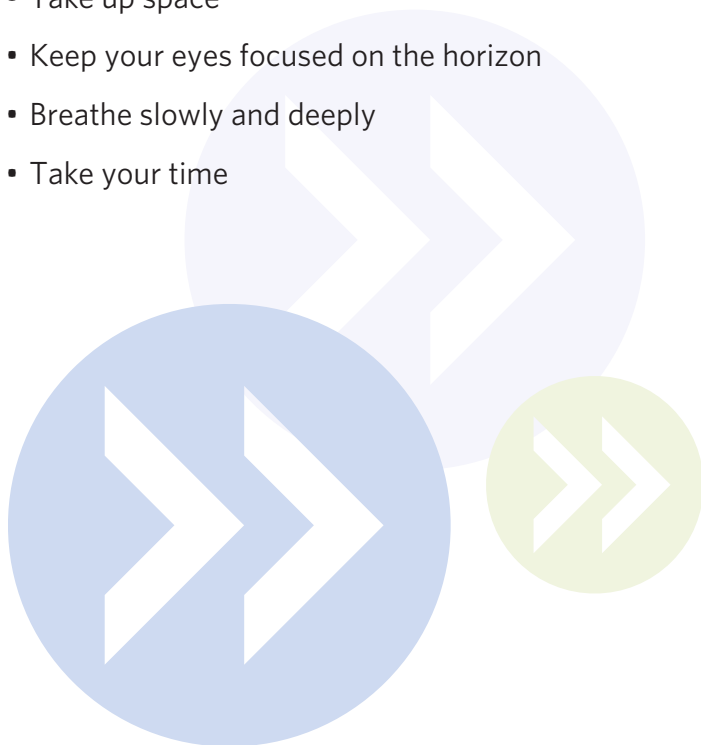
### Minimize Physical Symptoms

- Take up space
- Keep your eyes focused on the horizon
- Breathe slowly and deeply
- Take your time

### Manage Your Mindset

Remind yourself that:

- Adrenaline isn't unique to you.
- Adrenaline isn't readily visible.
- Adrenaline isn't a reflection of your competency or expertise.
- Adrenaline isn't inherently negative.



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## Short-term Strategies

### Winning Tactics

- Create bulleted talking points
- Practice out loud
- Show up early and relax
- Focus on other people
- Foster a spirit of generosity  
(*toward yourself and your audience*)

### Losing Tactics

- Memorize everything
- Rehearse in your head
- Cram until the last minute
- Be preoccupied with yourself
- Foster a spirit of judgment  
(*toward yourself and your audience*)

## Long-term Strategies

- Build on small successes with the BOSS Checklist.
- Play impromptu speaking games with SpeechSkills SoundBites cards.
- Master your skill set with *The Credibility Code*.
- Find these resources and more at [speechskills.com/free](http://speechskills.com/free)

Notes

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