**Strategies for dealing with nerves before an interview or presentation**

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| In groups, read your strategy for dealing with nerves and then describe it in your own words to the rest of the group. In groups of four you will have two each. Discuss – which ones might you try out? Have you got any other suggestions that work for you? |

1. **Breathing Exercises** Chris Anderson, curator of Ted talks believes that deep breathing before you go in can work wonders. Breathe in for 7, breathe out for 11, this will impact on the stress symptoms and calm you down.
2. **Positive visualisation** – Many professional sports people use this to prepare. If you do it enough, it can have a positive effect of reducing the stress symptoms on your body. For example, before a presentation, imagine you are walking into the room calmly. You visualise the room, the people sitting in front of you, the stage, what you will be wearing. You see yourself delivering your presentation clearly, the audience is engaged in what you are saying and you are doing everything right. This can really help you to relax and think positively about the presentation. Do this visualisation a few times during the week leading up to the presentation.
3. **Greet the anxiety** – accept it – acknowledge what is going on in your body (tense shoulders, dry mouth, sweaty palms, red cheeks etc) by mindfully accepting that you feel nervous and that it is normal – that people will be rooting for you, not against you, can stem the anxiety.
4. **Default vs Deliberate Thinking** Focus on what you are doing now. Come into the present – stop worrying about the future possible negative consequences of the talk! This is called DEFAULT thinking and can spiral you down a negative path of what might happen. Instead do DELIBRATE thinking – thinking about what you have to do right now, with no concerns about what might happen afterwards.
5. **Come into the present.** Your mind is not always able to focus on two things at once so if you do something, like spell your name, do a tongue twister etc it helps bring you into the moment and reduces your stress levels. Try walking around before you go in, jump up and down (some presenters will do press ups?!) to bring them into the present and energise their body and mind. You could also do a tongue twister – this will bring you into the present and warm up your voice! Here is one!: “**I Slit a sheet, a sheet I slit and on that slitted sheet I sit!”**
6. **“An Early Win”** One idea is to set yourself an “early win” suggested by coach Dominic Colenso. By setting yourself a small goal to complete in the first 2 minutes – this could be something simple like remembering people’s names in the meeting or getting on to the stage without tripping over – this can give you a boost of dopamine and lower your anxiety – you are able to give yourself a metaphorical “pat on the back” and feel more positive to keep going.
7. **Reframing the situation** If you see the presentation as a big scary event and view it negatively, this can set the wrong tone for the whole thing. Instead of seeing this as you having to “perform”, try to view it as an opportunity to have a conversation with a group of people. Instead of seeing this as a test, see it as an exciting opportunity to prepare a subject and share your interest in it with others.