How to Overcome Performance Anxiety Checklist!

☐ A. Put in the time to properly prepare your piece for public presentation!

☐ B. Center yourself instead of “being” nervous (negative energy) be “excited” (positive energy), about sharing your music!

☐ C. Pick a focal point, find a place at the back of the performance space above or below eye level of the audience to concentrate upon!

☐ D. Form a clear intention, “I am going to sing or play with clear contrast.” Or “I will enjoy singing or playing this piece for the audience!”

☐ E. Breathe correctly and deeply; remember that shallow breathing keeps us in “fight or flight” mode. Breathing with the “core” muscles or deep breathing causes the oxygen to balance the adrenaline, bringing our “nerves” under control!

“Mastering”, these five tips will help you to be comfortable, confident, and competent as you endeavor to do musical presentations with excellence and skill!