

PERFORMANCE ANXIETY TOOLBOX

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COGNITIVE

- Offering a gift versus anticipating judgement
- Remember imperfect performances you enjoyed
- Viewing the audience as peers rather than judges
- Explore the underlying threat; “if, then”
- Focusing on input over result
- Letting go of black and white thinking
- Interpreting adrenaline response as excitement

BREATH & BODY

- Physiological sigh (70%, pause, 30%, sigh out)
- Butterfly breath (tap side to side)
- Longer out-breath
- Exercise- complete the stress cycle
- Progressive muscle relaxation





MINDFULNESS

- Grounding with 5 senses
- Savoring/enjoying the performance
- Accepting the anxiety
- Visualize in detail- mentally rehearsing
- Mantras to replace negative thinking

EXPOSURE

- Facing our fears lessens our anxiety
- Right amount of exposure widens window of tolerance
- If anxiety is severe, start small



SKILL	ANXIETY BEFORE 1-10	ANXIETY AFTER 1-10