

About to go on stage and feeling anxious, sick, or have shaky hands?

Right now... focus on your breath **Box Breathing can Help Manage Stress in the Moment**

- Now focus your attention on something outside yourself
- Talk to yourself positively e.g. "I can't wait for them to see the show"
- Visualise your successful performance - how will you be standing, sitting or moving? Copy this posture now
- March on the spot, shake out your muscles or jump up and down if that helps



Performance anxiety is very common and there are lots of **tried and tested strategies** to manage it. Tomorrow, after the show, check out some resources such as our **free factsheets** and **free training sessions**.

info@bapam.org.uk 020 8167 4775

If you think **therapy** might help, give us a call or email. We may be able to provide this for free.

Now, you're on stage - **you've got this!**



BRITISH ASSOCIATION FOR
**PERFORMING
ARTS MEDICINE**