

GET PRESENT

When we let nerves get the best of us, we're not present in the moment and get hooked into a stream of worrisome thoughts in our minds: What if I fail? What if this doesn't go well? What will they think of me? Bringing awareness to your physical body can help. Here's an exercise you can do before your speech to get present by returning to your body:

- 1 First, notice the physical sensations happening: a racing heart, shallow breathing, tightening of the chest, sweat, a cracking voice.
- 2 Be aware of your body's cues and take a deep breath to regain some sense of the present. Notice your surroundings.
- 3 Anchor or touch something physical, such as your desk or chair; or push your weight into your toes and feet.
- 4 Strike a power pose. Some research has shown that holding strong physical poses helps you feel grounded before a big talk.
- 5 Shift your center of gravity. Sit or stand up and take a deep breath. Imagine a heavy lead ball in your stomach. Feel the weight of it. Feel the solidity of it. Bring your focus here instead of to your head or chest.