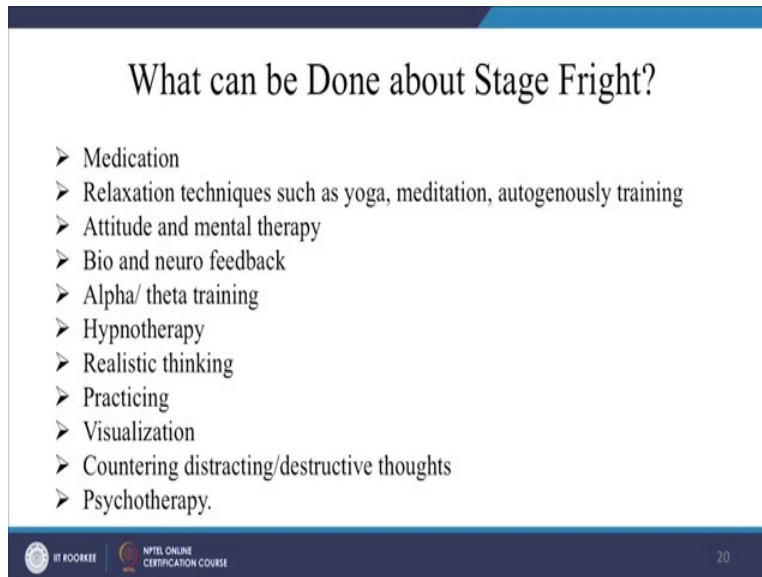


Interpersonal Skills
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Lecture-24
Reducing Stage Fright - II

Friends, I will discuss the other part of stage performance and performance anxiety because it is very important to know the various aspects of stage fright in our day-to-day life. It is essential part of our professional activities. So, how to make ourselves a perfect speaker that is very important. What can be done about a stage fright there are different strategies methods and therapies for dealing with stage fright.

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What can be Done about Stage Fright?

- Medication
- Relaxation techniques such as yoga, meditation, autogenously training
- Attitude and mental therapy
- Bio and neuro feedback
- Alpha/ theta training
- Hypnotherapy
- Realistic thinking
- Practicing
- Visualization
- Countering distracting/destructive thoughts
- Psychotherapy.

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Medication with better blockers used most frequently they decrease physiological symptoms but not always the stress as it is felt it can lead to flat plain. Relaxation techniques such as yoga meditation autogenously training as yet there is insufficient research data of good quality to make definite a statement about the effectiveness of these techniques. Attitude and mental therapies such as the Alexandra therapy Menon Snick etc. there are in indications that the use of Alexander Technique leads to improvements in the musical and technical quality of the

performance and a reduction of the experienced fear in stressful situations.

However, concrete research data is lacking bio and neuro feedback in the shape of self-regulation of the heartbeat or brain waves by breathing techniques mental exercises and visual feedback of the heart rhythm pattern of the brain activities. Among these is the heart math method and the alpha, theta training by Ignore and Grosilia. Turf found a significant reduction of stage fright in the group that was trained with the heart math method.

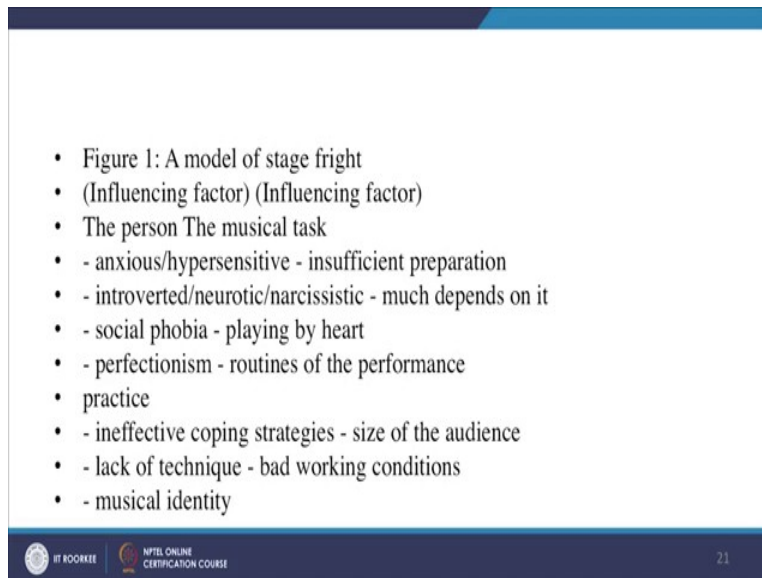
Ignore and Grosilia reported that the Alpha Theta training especially led to a better performance result. The integrated approach of Neiman Pratt Mugen biofeedback training consisted of the development of breathing awareness muscle relaxation and performance coping imagery. This approach led to a significant decrease in music performance anxiety. The techniques have an immediate effect on reducing physical reactions and indirectly on the cognitive aspects of stress.

Hypnotherapy as I was sharing with you that how important it is to know about neuro linguistic programming whenever we talk of the stage performance or performance anxiety. So, hypnotherapy is also a very important part of neuro linguistic programming. Santen found a significant decrease in experienced anxiety among test subjects who received hypnotherapy. The research was based on self evaluations the students were not tested in a performance.

Acceptance of their stress combined with positive self-talk Code Jackson found a significant decrease in music performance anxiety among test subjects who made use of self prep talk right before and during the performance compared to a similar group that did not do this. Realistic thinking not making the event too big you do not fail as a person after a performance that went less well letting go of delusion and grandeur.

The audience is not your enemy people. They will still like you even if you perform less for once. Much research has been done into the area of positive thinking.

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The slide contains a bulleted list of factors that influence stage fright. The list is as follows:

- Figure 1: A model of stage fright
- (Influencing factor) (Influencing factor)
- The person
- The musical task
- - anxious/hypersensitive - insufficient preparation
- - introverted/neurotic/narcissistic - much depends on it
- - social phobia - playing by heart
- - perfectionism - routines of the performance
- practice
- - ineffective coping strategies - size of the audience
- - lack of technique - bad working conditions
- - musical identity

At the bottom of the slide, there are logos for IIT ROORKEE and NPTEL ONLINE CERTIFICATION COURSE, along with the page number 21.

Many researchers conclude that especially the absence of negative thoughts prior to and during the performance is the explanatory factor for a decrease in anxiety considering that the cognitive component is the most important component in maintaining and worsening the stage fright apparently the following a strategy work well for magicians or any performers learning to accept that a certain measure of anxiety and making small mistakes during a public performance are normal.

Learning to enjoy the performance instead of wondering what the audience will think the whole time and encouraging yourself and focusing on realistic task oriented thoughts, practicing over learning. sometimes this work and sometimes it is not. Excessive practicing can also increase anxiety a better approach is the systematic variation of the performance conditions and gradually incorporating more conditions as in the concert situation.

This is congruent with knowledge from kinetic research building of lexical movement is key. A piece of performance all I mean by the musician or by any one practice over-learned when the performer can perform it during distraction distracting conditions such as interrupting noise and

audience and unpleasant feeling such as a stage fright therefore it is important to include conditions like this in the process of practicing.

Visualization; imagining the performance often in combination with a relaxation technique. objective is that the performer is able to imagine the performance without experiencing anxiety. This appears especially, to reduce cognitive anxiety. Countering, distracting destructive thought by concentrating on the music and seeing one's role as performer and a mediator between the composer and the listener task concentration training aimed at a better division of the attention between the performers. The performance and the environment is a technique which allows the musician to focus more on the task instead on him or herself.

Well such performer I mean the students who is learning how to perform who underwent this training is significant effect on experienced stage fright. Psychotherapy, behavioural therapy aimed at behavioural symptoms cognitive therapy explaining the problem making it possible to talk about the problem therapy that gives insight for underlying problems in the personality structure. Many training for dealing with a stage fright contain elements which are derived from behavioural therapy or cognitive therapy.

Research into how insight providing therapies work into the deeper causes of stage fright does not exist. Insight into what drives you wondering why it is you make presentation, how do you want to function as a speaker. What make this subject is special for you what is your individuality without comparing your achievements to those of others aspects that have to do with self image and identity.


The best way of learning how to deal with a stage fright is self examination and taking charge of the measures that best fit you to combat anxiety. Well, it is very important to know the effects of arousal on cognitive function the heart rhythm has a direct influence of the brain. As the heart rhythm pattern becomes more incoherent that is irregular very fast the ability to concentrate

decreases and negative thoughts about own abilities also increase.

Controlling the system by and large the system's symptoms of stage fright are normal expected physiological reactions to a stress excitement or fear but they prepare the performer for a physical response rather than a speaking engagement. The symptom would not keep you from giving an excellent presentation but the stress response also is not doing much to help you until you learn to channel those physical reactions into a dynamic energized vigorous delivery.

And this is very important for a person who wants to get expertise in a stage performance need to know all these.

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The slide is titled "How to Control the Stage Fright?" and lists five strategies for managing stage fright. The strategies are: 1. Recognize the stress as excitement. 2. Use your large muscles. 3. Take deep breath from diaphragm. 4. Exaggerate your symptoms. 5. Watch what you eat. The slide also features logos for "BY ROOMEE" and "INTEL ONLINE CERTIFICATION COURSE" at the bottom left, and the number "22" at the bottom right.

Recognize your stress as excitement. The physiological symptoms associated with public speaking are virtually the same as those you would experience if you rode a roller coaster, went on your first rafting trip or got married. The heart palpitation panting the real difference is that you have learned to associate fright with being on a stage and fun with being on a rollercoaster. The goal of a stage fright control is not to make the symptoms go away the goal is to learn ways to make the adrenaline rush work for you rather than against you.

Use your large muscles those contracted muscles are waiting for you to throw a spear at a master until you do they cannot relax, walk briskly around the building a couple of time, throw your arms around or punch at a nearby wall clench your fist, make ugly faces and then relax those smaller muscles too. Focus on your back and neck muscles it is stretching and rolling your head until they relax.

Why such exercises are important to just to relax your muscle because when you are under stress you are suffering from anxiety, stress. All your muscles are stiff and that give you a nervous kind of temperament take deep breaths that will give you oxygen from the diaphragm like this regulating the breath cycle is the most accessible technique for changing the body's kindness aesthetic estate even if you have headache you can take a deep breath with a very cool mind and you will find immediately that your headache is nowhere.

As you force yourself to take a deep breath, the oxygen carbon dioxide balance is restored and the body interprets the big sign as an all-clear signal. As the stress level begins to decline so will the rest of the symptoms exist the rate your symptoms the body will not automatically produce the symptoms that you are doing consciously start breathing rapidly on purpose for example you can then stop on purpose, you can start up the automatic system again.

This does not work for everything of course most people cannot sweat on purpose or increase their pulse rates but you can shake your legs blink rapidly is called or do whatever other little things your body seems to want to do by itself. Watch what you eat. For many people the most debilitating symptoms of a stage fright are the consequences of the digestive system shutting down. Well under stress you may see that how the wrong intake or your food that you have taken is going to disturb you.

Advises vary from person to person but there is certain list of the most common solution to the

various problem.

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Advices to Tackle Stage Fright

- Avoid Milk.
- Maintain sugar levels.
- Eat sensibly.
- Avoid alcohol , nicotine, caffeine.
- Exercise.
- Take vitamins.
- Calcium and magnesium in balance.
- Listen to your body.

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It is also said that you avoid milk. it creates Fulcrum which is unpleasant and can be annoying while you speak, speak flawless. Consistency should be there so it is advised that keep yourself light and to avoid milk. Maintain sugar levels because when speaking you are just diverting your energy because you are under stress the body is using up its high energy sugar reserves but you will not feel the normal hunger pangs.

You have no desire to eat the thought of food might even make you feel sick but you nevertheless can begin to feel the effect of low blood sugar, depression, anxiety lack of concentration, forgetfulness, confusion, headache, body tremors, cold hand and feet. Well all sounds stage fright symptoms if you are beware of these and how to remove them , these are the suggestions that you can apply.

Eat sensibly you have to think of your body also protein increases energy and alertness but takes a very long time to digest about 12 hours. Fats will slow digestion even further eating a big bone before you speak is not going to help the situation a bit. You will just wind up with that lump of

meat in your stomach, creating cramps or nausea. Carbohydrate on the other hand our comfort foods because they trigger the release of serotonin and are the best without protein which lowers the levels of drive toward its amino acid and building block.

Your best bet is to eat a low-fat meal of complex carbohydrates a couple of hours before the presentation. Pasta, peas, beans, or rice dishes are all good choices. Sugary cereals for breakfast is not good. Avoid a sugar high often when you are rushing around before a presentation sitting down for a decent meal is the last thing on your mind to be careful about. Though that you do not substitute a quick candy bar that sugar fix will make you feel better for a few moments.

But the body uses the forms of energy almost immediately leaving nothing for the presentation what is more overall blood sugar level drop even further after the candies artificial peak. If you do need to a snack grab up corn pretzel, banana, apple, sugar free yogurt etc. Avoid alcohol that is very important; avoid alcohol, nicotine and caffeine. It stimulates the adrenal glands and increases stress symptoms.

On the other hand, and if you are a smoker this is probably not a good day to quit. Exercise; most stage fright victims where this is the best solution of all exercise not only does exercises this reduce stress and help alleviate those large muscle contractions it also produces endorphins. Regular exercise is best of course but even a workout the night before or morning of a big speech will help you to stay relaxed.

Take your vitamins if a stage fright is a long-term thing, consider the impact of some key vitamins like which I mean vitamin A vitamin, C vitamin B, like vitamin C reduces the effects of over exertion do you know that you must know that and also one thing that our body does not make with a vitamin C so take it to reduce the effect of over exertion. Increases energy stamina and general resistance to a stress if you catch cold frequently you feel and feel rundown you may not have the energy left for giving a speech this is all going to help you what vitamin C.

Vitamin B used in large amounts when the body is under stress vitamin B is very helpful. So use this in large amount. Deficiencies can show up as tremors loss of dexterity of coordination depression insomnia when you are very tired this may also occur insomnia, forgetfulness confusion a quick temper and nervousness. If you are already under stress the demands of a speech might push you over the edge.

Calcium and magnesium in balance these minerals act as a tranquilizer to the system. A calcium deficiency can create clamps and nerves so proper calcium should be there in your body. Get your rest for many business people the presentation is just the most stressful event in an already stressed life. If you are already functioning at the borderline you might lack the energy reserves you need to face a presentation.

If speeches are not something you only need to give once in a while your life in business will probably require you to make presentations of one kind or another on a regular basis. If you are going to be successful you simply must make sure that your body is ready for the challenge. Listen to your body a final word of advice is in order, especially, if a stage fright has suddenly appeared in someone who does not typically get stressed by public speaking.

So, listen to your body if you find yourself nervous about making a certain point or about showing the evidence you are using to support it your body might be giving you signals to which you should be paying close attention. Especially when there is a great deal of social pressure to confirm our brains sometimes manage to ignore formation that would lead us to act in another way. A person who is pressured by colleagues to do something unethical, for instance might forget to make account or miss the meaning of an email.

At the same time though the information has been processed unconsciously and the body reacts so a headache appears or the person breaks out in hives. Stage fright can be a similar signal

warning you that these words are not the right thing to say that the time is not right to say them or that this is the wrong audience to hear them. Well these are certain things that you have to keep in mind.

How to make a successful performer depends on your thinking on your perception and also on your knowledge I am sure that you will learn a lot from whatever I have shared with you it is not only how to prepare how to speak but also what kind of food you are supposed to get that I have also shared. You see when we speak we exert and loss of energy calories also there when you speak. So, when you go for a stage performance make sure that physically mentally you are fit.

Not only food for your thinking process but also I have shared with you exercises. Exercises are something that give enough oxygen to your brain and improve your stamina that is why exercise is very important improving one's a stamina you go for this you learn you make practice. And as I said that over practicing is something that is not going to help you practice with cool mind. Keep everything in your mind and then you recollect it because while you are giving your speech on the stage not much time is left to think and speak you have to speak very fast.

So, you have to prepare very well so as to deliver a speech you know in a very cohesive manner and as I said consistency. Well these are the important aspects of a stage performance and I am sure that with these you are going to be a good orator, a stage performer wish you a good luck. thank you very much.