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Is Stage Fright Something You Should Worry About

By David Fishman

Time to get on the stage and you think you're all ready. Act is tuned, your costume or outfit for the

occasion is all set, and you couldn't maybe be feeling very assured. Wow it hits like a ton of bricks. No matter if it's a week, day, or hour before the Execution; the dreaded stage fear shows up when least expected. Some, of the big stars admit to experiencing varying degrees of stage fear which always surfaces during some part of the performers career. If the big stars can move on, so can you. The good news is there so many different ways to combat its affects and even use it to increase your Performance.

It could be that you know this already, but let's take a look at the signs of stage fright. Many artists have first hand experience with dry mouth, racing heartbeat, and possibly a combination of cold, sweaty, and shaky hands. This sounds like something that enjoyable? Further natural indications include nausea and trembling lips. There are many performers that enforce gave an account of feelings of disconnection and faintness as well. With such physically powerful signs it just doesn't seem plausible that stage terror can be controlled, but don't worry it can be.

All of the best ways to head off stage monster before it happens is to be informed. Are you ready? make sure you know your information, the music to the song, or whatever material you should know for your Execution. Conditioning hard and stay focused during rehearsal times. The more you know your material, the more positive you will feel practicing it. It is also a good attitude to set aside time for just relaxing. Reading, listening to music, or participating in your favorite sport or exercise is a actual way to unwind.

When it is time before the Appearance there are some techniques you can employ to keep stage monster at bay. Get to the scene timely. Of course, this way you can become aware with your situation and make sure your gadgets and getup. Doing away with the potential for an unpleasant surprise will help in steadying your worries. Before the Appearance go running or take a short walk and be sure to stay hydrated. Do not down so much water that mid-performance you are playing the pee pee dance; just enough to set off the product of dry mouth.

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Many artists experience the most awful stage anxiety right before the rising curtain. Most of the time it depends on what kind of Performance you are giving depends on the right strategies. If everything is in place it can be relaxing to the nerves if you can find your friends in the orchestra and think on the fact as you deliver your monologue or hum your song. Making eye contact helps to eliminate that of being on stage alone. Human contact always helps with stage anxiety. The biggest part of this, is just beginning, once you get over that it is no problem.

You should also consider that stage fear can really be effective to the performer and Performance. It helps to guarantee that the epilogue is well practiced and the performer is prepared. Use stage fright to your advantage. Take a deep breath, put on your perfect smile, and get out onto the stage and just do it. If you believe it, the congregation will too.

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Conquer Your Fear! Learn To Be Confident In Public Speech

By James Masterson

In public speaking, fear may be viewed as negative leading to ineffective communication. This is the tendency if you predict bad situations. Fear can be easily seen through physical manifestations: hands cold and clammy, rumbling speech, slouching and unwanted movements.

In public speaking, fear comes from the "fear of the unknown." Most people are afraid of not being liked, offending someone, forgetting everything, of stumbling and falling or ruining the effort.

But fear can be seen in a positive aspect as well. According to Kenneth McFarland, "it is not necessary to banish fear in order to gain confidence. A wholesome fear of failure is one of the best guarantees of success."

Fear can be a motivating force for the public speaker that adds strength, energy and conviction to otherwise lifeless ideas. Your courage is the ability to see fear in a realistic perspective. The way to curb your fear is to prepare thoroughly. But fear cannot be eliminated fully. It is meant to be conquered.

In any public speaking experience, stage fright and anxiety are hindrances to building your self-confidence. Stage fright is an emotional state that affects people the minute they stand before an audience. Having positive thoughts greatly help in managing stage fright. Believing that you are going to succeed, that you are effective as a speaker and that your audience will trust you and gain respect for you are sure winners to combat fear. Furthermore, being aware that nobody is perfect and everybody is prone to mistakes are effective thoughts to calm you down. Best of all, think that the

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audience is your friend.

If you need to know more on how to build your self-confidence, here are some practical tips:

1. Share your personal experience to begin your talk. Why? Because no one knows better than you do.
2. The most effective way out, if fear attacks you, is to do it. Conquer your fear. Do not hesitate just because you think that someone can do better than you do.
3. Accept that you know. Be confident to share about it.
4. As a public speaker, you ought to assume the delivery man role and that you carry an important message that you need to get across.
5. Apologizing in public speaking is a sin. Do not apologize for your material or even your lack of experience.
6. Be yourself and be confident. Do not imitate government officials in the way they speak. Speak in your own "official capacity".
7. Prepare for the occasion by dressing appropriately and then forget how you look.

Confidence is a key element in achieving success. But remember, be on guard against overconfidence.

James Masterson is Stand out, Be Recognized and Be Remembered keynote speaker. [Click Here To read his latest advice.](#)

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