



# The Five Steps to Conquering Stage Fright

- 1. Understand the physiology of the stress response/Activation**
- 2. Complete 50 relaxation sessions**
- 3. Establish an optimal performance mindset**
- 4. Use the Five Stages of Peak Performance**
- 5. Practice Performing**

## **1. The Stress Response and Stage fright**

The stress response is activated by the perception of a real or imagined danger. When stressed we automatically go into a state of fight, flight or freeze.

### **Physical Symptoms**

Muscle tension  
Increased heart rate  
Shallow, rapid breathing  
Cold, clammy hands  
Dry mouth  
Stomach distress

### **Emotional Symptoms**

Distorted thinking  
Attention focus narrows  
Distracted  
Emotionally on edge  
Feeling threatened  
Highly reactive

### **Interventions for stage fright**

1. The ten-count breathing exercise
2. The finger squeeze breathing exercise
3. Relaxation exercises
4. Trigger words
5. "So what" it's just a spike of anxiety
6. Positive self talk
7. Mental rehearsal/visualization
8. Face your fears



## 2. Practice 50 Relaxation Sessions

Go to [www.jonskidmore.com](http://www.jonskidmore.com) There are examples of a variety of relaxation strategies and a **FREE** download of *Relax the Body/Focus the Mind*. Go to the products section and pretend that you are going to buy *Relax the Body/Focus the Mind*. When the discount code box pops up type in **freetorelax** and you can download it. Then listen to it and practice using it.

## 3. Your Optimal Performance Mindset

1. Clearly define your goal or intention.
2. Know your motivation. Why are you doing this?
3. Identify the attitude you are committed to bringing to your performance process.
4. Master the mental toughness skills to effectively manage the “Right Stuff.”

Write down three words that describe your optimal performance mindset.

- 1.
- 2.
- 3.

Write down three words that describe the shift into your negative performance mindset.

- 1.
- 2.
- 3



## The Five Stages of Peak Performance<sup>©</sup>

### Stage I. The foundation

What is your goal or intention?

Why are you pursuing this goal? What is your motivation?

How are you committed to being as you pursue this goal?

Write down three words that describe how you are committed to being as you perform.

Trigger words: \_\_\_\_\_

### Stage II. Ready!

Skill acquisition and mastery – Practice, Practice, Practice!

Constant self-awareness: evaluate, critique, experiment, observe, adjust.

Mental preparation/visualization.

How are you being as you pursue your goal?

What is incomplete? What is your plan to complete it?

When you plan your work and work your plan, your plan works!

**Important:** Declaring your preparation complete allows you to perform with freedom. Declare complete what is incomplete!

### Stage III. Set!

Get yourself mentally and physically set to perform.

Physical preparation includes your uniform, costume, props, transportation, food, and grooming, etc.

Being mentally set: attention control and positive self-talk.

Pre-performance routines (warm-up routines) to access motor programs. No Rituals!!

Trigger words to access the desired mental states for the performance.

How are you being? Confident, Expressive, Bold!

#### **Stage IV. Go!**

The performance.

Step into the sandbox, stay in the sandbox! Go Play!

Limited self-awareness, a present focus of awareness, ease, flow, in the zone.

No thoughts of victory, no thoughts of defeat!

#### **Stage V. The post performance debriefing**

Each performance is a practice in performing.

What worked?

What didn't work?

What will you do next time?

No post performance bashing!