OVERCOMING STAGE FRIGHT

by:

Jeneffer A. Madarang

Teacher III, Antonio G. Llamas Elementary School

Do you fear speaking or performing in front of group of people? Then you are suffering from the so-called STAGE FRIGHT. Stage fright gives you the feeling of anxiety when you do before an audience. While performing, you might feel that the audience are criticizing you as well as accused of a crime that you never did. Your lips and voice are trembling. Your world is shaking. Your heart beats fast. Sweaty, cold hands are trembling while knees almost give up holding you still and up. You think of satisfying your audience and give you two thumb ups after your performance while you are undeniably uncomfortable.

How can you overcome STAGE FRIGHT? The following easy tips will help you.

1. Think deeply of yourself why you fear when performing in front of people. Who am I? Is there a need to prove myself to others? Bear in mind that you cannot please everybody. Others too, commit mistakes. Nobody is perfect.

2. Always think positive. Keep in mind that if others can why can’t I?

3. Practice in front of the mirror. Take note of your facial expressions, gestures and body movement. You may record your performance and look at it with your friends and relatives. Derive from them suggestions that can help improve your performance. Always remember that practice makes perfect.

4. Do not fear to lose. There is always a next time. It’s not yet the end of the world. Take it as a challenge so you will make yourself better than your best.
5. Do some sort of relaxation. Take a deep breath, exhale. Take some stretching, hands and body shake. This will help you gain comfortable feeling before you showcase your performance.

6. Reach your audience. Give them the feeling of relaxed and important viewers. Be friendly. Imagine that they’re happy with your performance shouting, cheering and laughing.

7. Congratulate yourself in advance. Visualize your triumph. Your success will give your audience the feeling of contentment and happiness.