



# What is **Performance anxiety?**

## How do I Deal with it?

Performance anxiety is fear about one's ability to perform a specific task.

People experiencing performance anxiety may worry about failing a task before it has even begun.

Performance anxiety can prevent you from doing what you enjoy and can affect your career

Performance anxiety can negatively affect your self-esteem and self-confidence.

### **Signs & Symptoms**

- Fast breathing
- Dry mouth
- Shaking hands, knees, lips, and voice
- Sweating
- Nausea
- Vision changes

### **How to deal with Performance Anxiety<sup>2</sup>**

- ||👉 Avoid thoughts that create self-doubt and low confidence.
- ||👉 Stop yourself scaring with thoughts about what might go wrong. Instead,  
||👉 focus your attention on thoughts that are calming and reassuring.
- ||👉 Focus always on your strength and ability to handle challenging situations.
- ||👉 Prepare in advance and do repeated rehearsals to get self-confidence.
- ||👉 Smile and greet people, make connections with your audience.
- ||👉 Either Stand or sit in a self-assured, confident posture.
- ||👉 Be natural and be yourself
- ||👉 Take healthy diet, Sleep Well
- ||👉 Practice various ways to relax your mind and body such as deep breathing, relaxation exercises, yoga, and meditation.
- ||👉 Get involved in activities that makes you feel good
- ||👉 Limit use of caffeine, sugar, and alcohol as much as possible.
- ||👉 Quit Smoking

Reference:

1) Available at: <https://www.harleytherapy.co.uk/performance-anxiety-help-guide.htm>. Accessed on 30-07-2020.

2) Available at: <https://adaa.org/understanding-anxiety/social-anxiety-disorder/treatment/conquering-stage-fright>. Accessed on 30-07-2020.

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