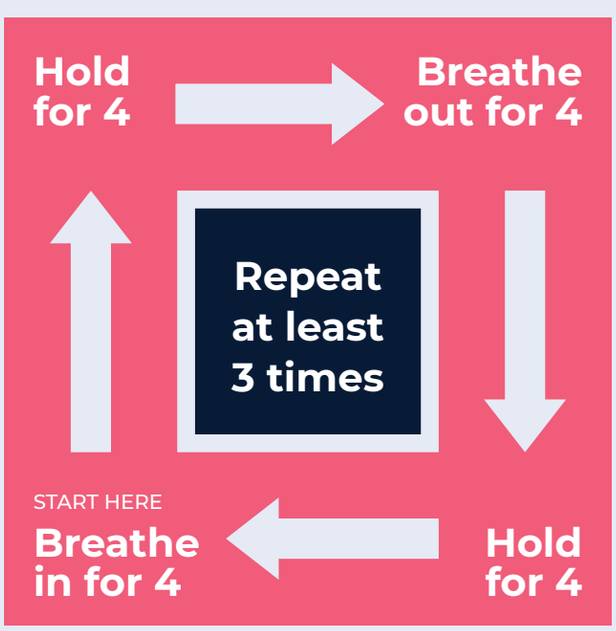
About to go on stage and feeling anxious, sick, or have shaky hands?

Right now... focus on your breath
Box Breathing can Help Manage Stress in the Moment

- Now focus your attention on something outside yourself
- Talk to yourself positively e.g. “I can’t wait for them to see the show”
- Visualise your successful performance - how will you be standing, sitting or moving? Copy this posture now
- March on the spot, shake out your muscles or jump up and down if that helps



Performance anxiety is very common and there are lots of tried and tested strategies to manage it. Tomorrow, after the show, check out some resources such as our free factsheets and free training sessions.

If you think therapy might help, give us a call or email. We may be able to provide this for free.

Now, you’re on stage - you’ve got this!

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BRITISH ASSOCIATION FOR PERFORMING ARTS MEDICINE