



Practical tips for overcoming performance anxiety

Situation: Going on a date

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Thought: I'm so nervous, I'm going to stutter through the whole thing and they will lose interest

Feeling: Anxious, hopeless

Behaviour: Cancels or 'ghosts' date

Thought: I'm really nervous, but I'll ride it out and hopefully feel more comfortable as time passes

Feeling: Anxious, curious, excited

Behaviour: Attends date, some parts are hard but some parts are fun. Learns the other person felt anxious too

Situation: Presenting to a group (e.g., at a community event, at work, uni/school)

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Thought: I feel like an imposter. What if I make a mistake?

Feeling: Nervous, embarrassed

Behaviour: Spoke quickly during the presentation to get it over and done with. Didn't get the chance to show my knowledge during question time

Thought: I don't know everything about this topic yet, but it's ok if it's not perfect

Feeling: A bit nervous, content, neutral

Behaviour: Spoke to most of the main talking points. I was able to answer some of the audience questions to the best of my ability. Received constructive feedback for next time

Situation: Meeting someone new

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Thought: I'm not sure what to talk about, what if they think I'm boring?

Feeling: Worried, tense

Behaviour: Said hello, but gave brief answers and then left the conversation prematurely

Thought: I'm not sure what to talk about, but I'll try and ask them a few things to get to know them

Feeling: Nervous, interested

Behaviour: I asked them about their interests, and found out we both like the same music. They asked me questions too, so it wasn't all on me

Situation: Attending a job interview

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Thought: I feel so nervous, what if I forget how to answer a question?

Feeling: Panic, worry

Behaviour: Held my body tensely during the interview, which made me feel more anxious. I answered questions quickly and froze up a little, but not as much as I thought

Thought: I'm feeling nervous for the interview, but I've had a go at preparing for it

Feeling: Anxious, uncertain yet confident

Behaviour: I did some controlled breathing to calm my nerves. I was open about being nervous, which broke the ice. Even if I don't get the job, I gave it a go and gained experience