

## **Dealing with Performance Anxiety and Conquering your nerves!**

### **Clareidoscope 2025**

1. Be prepared! Slow practice over a long period of time.
2. Trust your preparation – Plan “backwards” from the date of a performance or audition
3. Remember why you like to do this - Remember your “PASSION!”
4. Know what happens to **\*You\*** when you are nervous – Record an audition/performance
  - Acknowledge what happens and work to overcome your habits
    - Rushing
    - Blanking
    - Locking knees
    - Moving more
    - Excessive sweating
    - Shaking
    - Racing heartbeat
    - Dry mouth
    - Shallow and more frequent breaths
    - Reverting to old habits
5. In the moment - Be as calm as possible: calming strategies
  - Positive self-talk and reinforcement
  - Deep Breathing - take extra time before you begin
  - Focus on posture and fundamentals like support, embouchure
6. What do you want to convey to your audience? Remember they are there to hear you!
7. If you make a mistake, it’s done, don’t dwell on it - move on
  - No one is perfect, everyone makes mistakes
8. Your audience is there to support you and hear you, and in your corner
9. Remember you are human: learn from your mistakes
  - The next time you perform, you will grow from this performance – it is an opportunity
10. How to prepare for a performance/audition
  - Get good rest
  - Eat well
  - Hydrate
  - Practice the day of the event before the day of the event
11. Dedicate your performance or each piece to someone or something
12. Enjoy “playing” music with your pianist, and other colleagues
13. When the performance is over, smile and bow to thank your audience for listening and afterwards thank people for coming to hear you - no matter how you feel
14. How to prepare for nerves:
  - Imagine your audience, venue, situation during a practice session.
  - Imagine performing your piece in that space and practice the performance including bowing and everything.

15. Positive projection is everything. See yourself succeed!

**Helpful Resources:**

Check out Michael Lowenstern's video - <https://youtu.be/fxYstWPGRY4>

The Bulletproof Musician - <https://bulletproofmusician.com/>

**Books and Resources:**

Madeline Bruser - The Art of Practice

Timothy Galway - Inner Game of Tennis

Barry Green - Inner Game of Music

Don Green - Fight your Fear and Win

Don Green - Performance Success

Don Green - Audition Success

Lesley McAllister - The Balanced Musician

Ralph Skiano - Behind the Screen

Matthew Syed - Bounce