

## **What makes us nervous?**

We get nervous because our brains are being introduced to something that we aren't used to experiencing, so it copes the best way it knows how, with butterflies. A hormone called Noradrenaline (NA) gets released when we are aroused, scared or encounter novelty. When we are surprised or scared the brain has to make a fast (ms-sec) response to either flee or engage the source of our fear/surprise. In situations with high levels of perceived vulnerability (public speaking, first dates, combat) our NA system gets primed because we interpret our situation as threatening.

## **Simple but effective exercises to reduce nervousness/boost energy before speaking to the camera**

### **Warm ups**

Exercise reduces tension and helps you concentrate. Getting a little bit of physical activity before your speech will calm you and help you get rid of excess nervous energy. Try taking a walk outside, doing arm circles, or stretching gently.

### **Expel the energy**

Bend at the waist and slump forward, arms should be relaxed and feet slightly wider than shoulder width. Take a deep breath stretch up to the sky and looking up expel all the air. Watch the energy disappear up and into space.

### **Reducing anxiety**

Before you enter the studio try *three long deep breaths*. Simply breathe in through the nose and then sigh out, make sure the sigh is elongated, really lengthy.

Then take the next breath and this time as you let it out, sigh even deeper, really get in touch with the sound and the effect the breathing has on your nervous system.

Really hear the sound relaxing your body, imagine a wave of the ocean going out if you like, allow the body to totally relax.

Then take the third breath and this time as you let it out sigh even deeper.

Three times. Do this as often as you like. Do this before going in front of a camera.

### **Tip of the tongue Behind The Teeth**

To really calm and centre your mind place the tip of your tongue just behind the back of your front teeth, pressing very gently on the point where your teeth meet your inside gum area. This has the calming effect of stilling the mind.

### **Anchor your feelings**

Pick a memory with strong feelings attached to it. If you want to anchor "confidence", then choose a time when you were feeling truly confident. If you want to anchor "motivation", then pick a memory of when you were super motivated. When you start feeling the positive feelings, create a trigger – rubbing two fingers together, or rubbing an earlobe.