

Practical Tips for Handling Stage Anxiety and Communication Challenges

Pre-Practice and Preparation

- Rehearse your performance or conversation beforehand.
- Plan and prepare topics or key points if you need to talk with a specific person.

Focus Your Eye Contact On A Single Point

- To relieve psychological pressure, you can look at any part of the other person's face and occasionally glance away, pretending to be thinking.
- Consider wearing sunglasses to avoid direct eye contact – only suitable for casual settings.

Avoid Overthinking and Manage Mindset

- Remind yourself that it doesn't matter—no one will judge you harshly.
- Distract yourself by listening to music or engaging in enjoyable activities.

Find Your Own Relaxation Method

- Discover what works best for you (e.g., some people feel better after drinking alcohol).

Calm Down Before Performing or Communicating

- Take deep breaths in the open air to regulate your heartbeat.
- Focus on grounding yourself mentally to reduce nerves.

Smile and Engage Positively with the Audience

- If possible, encourage the audience or people around you to smile—it helps create a comfortable atmosphere.