

SUPPORT YOUR STUDENTS THROUGH

# Anxiety and Stage Fright



Carrie Tinkham  
IHSSA Coach-at-Large  
ctinkham@crschools.us

<https://tinyurl.com/IHSSAspring2024>



## What causes it?

Having an unrealistic assessment of what is expected from you

Underestimating your own abilities

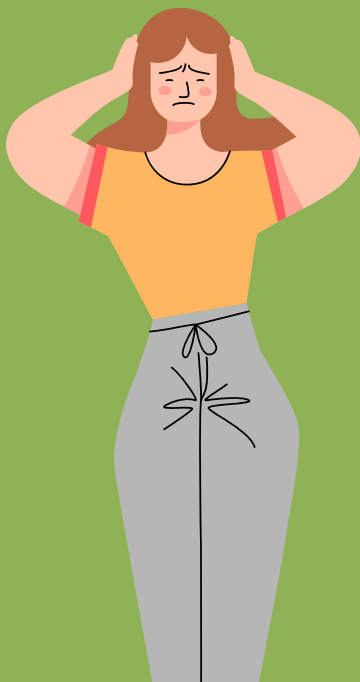
Overestimating the idea of rejection

Fear of embarrassment or taking risks.

Underpreparedness

Being HUMAN

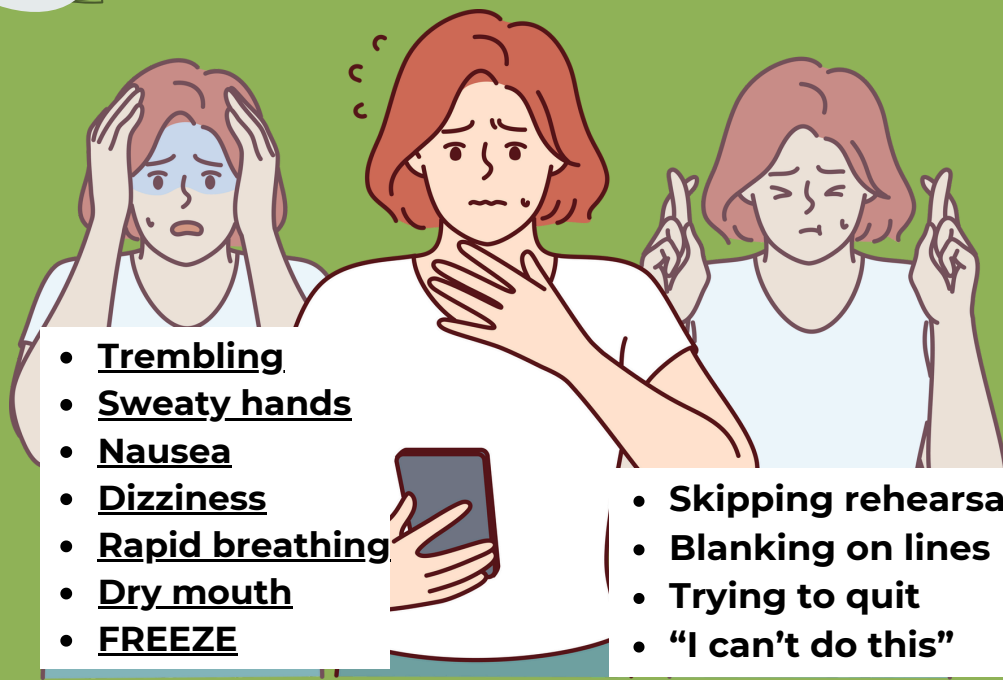
Giving too much attention to the opinion of others



Stage fright is:

- ✓ Expected
- ✓ Natural
- ✓ Accepted

## What does it look like?



- Trembling
- Sweaty hands
- Nausea
- Dizziness
- Rapid breathing
- Dry mouth
- FREEZE

- Skipping rehearsal
- Blanking on lines
- Trying to quit
- "I can't do this"

# PHYSICALITY



Power Pose!

## How to navigate it?

just BREATHE



Warm Up



Tongue Twisters

# MENTALITY



EXPECTATIONS



What's the Purpose?

Find JOY



oops

Take Risks

YOU GOT THIS

Affirm

# PREPARATION

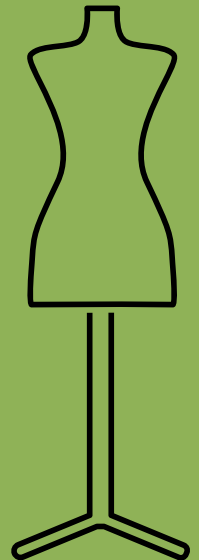


Practice

Role Play



Review the "What IFs"



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# AFTER THE FACT

Accept Ratings with

GRACE



<https://tinyurl.com/IHSSAstagefright>

# PHYSICALITY



Warm Up

- Articulation
- Energy and silliness
- Meditation and relaxation
- Familiarity
- Give students control



Tongue Twisters



Power Pose!



29 Strategies for quieting stage fright

just  
BREATHE

- Power Rangers Energy Pose
- Zip Zap Zop Energy Pass
- Team Count
- Spine relaxation
- Circle Script Run

# MENTALITY



# EXPECTATIONS

“What is going to happen today?”  
“What is the worst thing that could happen?”  
“What are the consequences?”  
“What do you expect?”  
“What do I expect?”  
“What do your parents expect?”

## What's the Purpose?



Why do we do this?  
What do you enjoy?  
Focus on those things!

## Find JOY

LAUGH  
CONNECT  
CELEBRATE



# oOPs

## Take Risks

Take time to be silly  
Switch roles for a run  
Parody!

Give ideas: accents, physicality, etc



## Affirm

“My story needs to be heard”  
“I know my lines”  
I'm perfectly able to perform  
today”  
“YES”

# PREPARATION



Starting 2 weeks before contest, role play:

- Giving comment sheet to the room chair (delegate to students!)
- Setting up the performance area
- Asking for a sound check
- Announcement prior to performance
- Getting called on time
- Having a technology issue
- Create a ROUTINE/RITUAL.

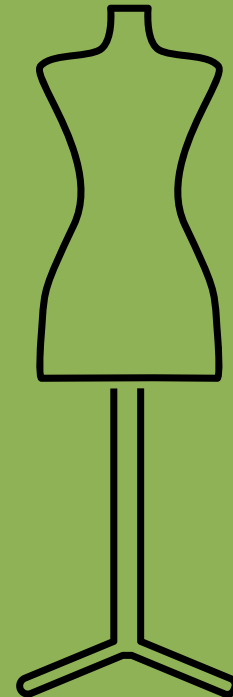


WHAT IF.....???

- I get called on time?
- My projector/music player malfunctions?
- I freeze?
- A fellow cast member freezes?
- **ROLE PLAY** and practice!



Practice and educate

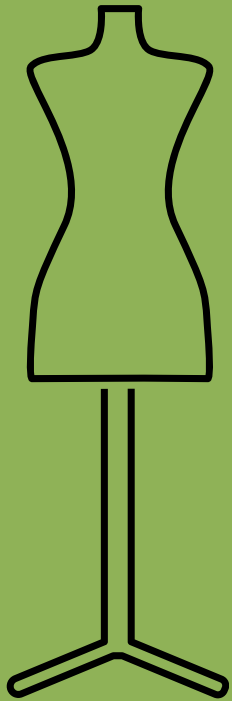


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**AFTER THE  
FACT**

**2023 Throwback:**

**CARING FOR  
RATINGS WITH CLASS**



**M  
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**My student froze or had an anxiety attack  
in front of judges. What now?**

**Speech Coaches! Share your tips:  
How do YOU help alleviate stage fright  
and anxiety in your IHSSA performers  
(and in yourselves!!) Share your tips on  
this whiteboard, and/or read tips from  
other coaches.**

**<https://tinyurl.com/IHSSAstagefright>**

