

Teacher Tip: Overcoming Stage Fright

Stage fright is very common...and also very treatable. All actors get somewhat anxious before a performance. It is when you don't get nervous at all that you should be worried.

Anxiety is normal, but as an actor you have to be able to tame your nerves and use them toward your advantage – as a driving force to enhance your performance.

Tips to distress before a performance:

1. Remember to breath – deep breathing (also known as diaphragmatic breathing or belly breathing) exercises are a MUST. This will help you relax and focus.
2. Remind yourself that the audience wants you to succeed.
3. Expect and accept that you will feel anxious, especially at first. It is OK to be nervous; you just need to learn how to work with it. It's when you don't address it that it gets the best of you.
4. Be as prepared as you can be – make sure you take the time to learn your material to the best of your ability. It is important that you give 100% to each and every performance.
5. Know your environment (and audience if possible) – by becoming familiar and comfortable with your surroundings you should feel more relaxed, as you know what you are walking in to.