



Chamber/Concert Choir Virtual Learning

**High School Music
Performance Anxiety**

April 23, 2020



High School Chamber/Concert Choir

Lesson: April 23, 2020

Objective/Learning Target: students will be able to describe resources and tips for performance anxiety

BELL WORK

- Grab a piece of paper and write about a time that you felt nervous. (performing, choir, job interview, class presentation, public speaking, etc)
 - What did that feel like?
 - What were you the most nervous for?
 - Did you find something that made you feel less nervous?
 - Did the feeling continue once you were on stage?

PERFORMANCE ANXIETY IS A
VERY NORMAL THING! NOW
IS A GOOD TIME TO LEARN
SOME TECHNIQUES ON HOW
TO HANDLE THOSE FEELINGS.



WHAT IS IT?!

- In one survey, 96% of orchestra musicians said they had anxiety before a performance
- 73% of the population has anxiety of public speaking
 - [National Institute of Mental Health](#)
- Nerves can help make a performance exciting and make you feel more “in the moment”
 - Adrenaline can help you perform better
- It’s normal BUT we can find ways to make it easier!

“TRYING TO RELAX IS OFTEN
NOT THE ANSWER. BEING
COMFORTABLE BEING
UNCOMFORTABLE, IS PERHAPS
THE BEST APPROACH”

-NOA KAGEYAMA

5 MENTAL SKILLS TO HELP WITH PERFORMANCE ANXIETY

1. Practice Effectively
2. Manage Nerves
3. Build Confidence
4. Attention Control
5. Resilience

Let's break these down!



1. PRACTICE EFFECTIVELY

1. These tips work for singing, public speaking, job interview, etc.
2. Have a quiet space
 - a. Free from distractions
3. Have specific goals for each practice session
 - a. Learn pitches
 - b. Memorize
 - c. Technique
 - d. Expressiveness
4. Make sure your voice is warmed up
5. Make notes:
 - a. If you keep doing something wrong, write yourself a reminder on the paper or music
6. **Pro Tip:** record yourself practicing. Go back and listen for ways to improve.

2. MANAGE NERVES

1. Be prepared! Know that you have done the work to make you successful and to do your best.
2. Don't be afraid of the nervous feeling! Embrace it and learn to use it
3. Visualize yourself being successful.
 - a. Go through the steps of what you are about to do in your head
 - b. Be detailed: "walking into the interview dressed your best..."
4. Make sure you take care of yourself (before performance or when you are practicing)
 - a. Eat meals
 - b. Drink water
 - c. Take breaks
5. Breathe!
 - a. Slow deep breaths
 - b. Close your eyes
 - c. Focus on breathing

3. BUILD CONFIDENCE

1. When you are practicing, notice the things you are doing well. Write them down (as well as the things you need to improve)
2. When you do something right in practice, give yourself credit!
3. Visualize yourself being successful
4. If you find yourself being your biggest critic, try questioning why.
 - a. What evidence is there that I am going to fail?
5. Practice performing
 - a. Perform for a friend
 - b. Perform for your cat
 - c. Perform for your parent

4. ATTENTION CONTROL

1. Remember your goals
 - a. Write them down
 - b. Review them
 - c. Long term
 - d. Short term
 - i. This rehearsal
2. Take breaks when you start to feel frustrated or tired
3. Don't beat yourself up!
 - a. You are learning and practicing-- it's okay to mess up
4. Focus on your breathing
 - a. Keep it steady and calm

5. RESILIENCE

1. Learn to stay motivated!
 - a. It's okay to make mistakes but keep trying
2. Become mentally tough
3. Recover from your mistakes and keep going
 - a. A couple of mistake does not define the performance or you
4. Perform in front of people
 - a. Get used to the feeling

resilience

(noun) re-sil-ience

"...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or workplace and financial stressors."

"It means 'bouncing back' from difficult experiences."

ONLINE RESOURCE

This professional concert pianist talks about her stage fright and how she handled it



YOUR TURN

Answer the following questions next to your bell work answer.

What did you take away from this presentation?

What are some ways you will try to calm your nerves?

What is your self pep-talk going to be next time you are nervous?

How will you prepare for your next performance?
