



# **Freshman Women's Choir Performance Anxiety**

**April 23rd, 2020**



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**Objective/Learning Target: The Student will learn basic causes and coping strategies involved in performance anxiety.**



## Warm Up

On a separate piece of paper, answer the following:

1. Have you ever experienced performance anxiety? If so, describe the scenario.
2. How do you normally cope with anxiety?
3. What do you think causes performance anxiety?



Linda Apple Monson- <https://youtu.be/sN7gTSKUxm0>

Take notes as you watch and make sure you note a big takeaway from this video.



## Practice Makes Permanent

When you are trying to overcome anxiety, the first step is looking at the preventative measures you can take to ensure that you have a great performance. The biggest preventable measure is to PRACTICE! The reason why directors harp on it so much is because we know that if you have practiced your music enough, muscle memory can kick in and take over. It is just like taking a test. If you don't study the information until you have a good grasp of it, you may fail the test. Set yourself up for success!

Practice is a great preventative method, but it doesn't always ease performance anxiety. Like the video on slide 4, the 15 minutes before performing leads to anxiety rising up. There are coping strategies out there to help you!

1. Ground yourself. My personal favorite strategy is called the 5-4-3-2-1. Start by listing five things you hear, four things you see, three things you can touch from where you're sitting, two things you can smell, and one thing you can taste.
2. Take slow and even breaths. Here is a gif that I use to help make my breaths deep and even: <https://gph.is/1LJGZuC>
3. Find 1-2 consistent voice and body warm ups that you always do to help you gain comfortability. Hum through a part of the piece that you feel great about to build confidence.



## Mindset

One of the biggest life lessons choir can teach you is that your mindset dictates a lot about how you approach certain things. If you get close to your performance and you treat it like it is a burden and you are going to fail, you probably will. This is called a self-fulfilling prophecy.

Our art requires us to be vulnerable. When we allow ourselves to be vulnerable, our insecurities tend to creep in. When that happens, we try to find everything wrong with our performance before anyone else can judge us instead of celebrating the art that we've created. There are few artists out there that love listening to themselves instead of judging the finished product. Embrace the imperfections!



## Individual Practice

**On a separate piece of paper, answer the following:**

- 1. List your top 5 coping strategies for anxiety.**
- 2. List 3 positives 3 negatives about the quarantine.**
- 3. What can you do to ensure that you have the best performance possible from all the things we've learned so far?**
- 4. What possible things could be positive/negative experience in your life depending on your mindset?**





## Comforts

The last thing that has proven to be helpful when combatting performance anxiety is finding your source of comfortability. When you perform, there may be a bunch of people you do not know. Hone in on the people that give you comfort. Your accompanist is always there for you, they are on stage with you so you aren't fighting the battle alone. Your mind should be focused on projecting to the back of the hall, so find the points on the back wall and switch between them while you perform. This will make the audience feel involved without you actually looking at them, and you won't have to feel uncomfortable while looking at the audience.



## Additional Resources

**How to Get Rid & Control Nerves for Performances/Concerts/Exams/Solos**

<https://www.youtube.com/watch?v=AMZ2hEKArFk>

● **Transform Yourself Into a Performer | Alpin Hong | TEDxLaSierraUniversity-**

<https://www.youtube.com/watch?v=Xu1g6YL3AGE>

● **Finding your voice - the necessity of singing: Katie Kat at TEDxJerseyCity-**<https://www.youtube.com/watch?v=d8rmKXbYljw>