



Choir Virtual Learning

Women's Choir/Performance Anxiety

April 23, 2020



Lesson: April 23, 2020

Objective/Learning Target: Students will be learning about performance anxiety and ways to cope and overcome.

Bell Work:

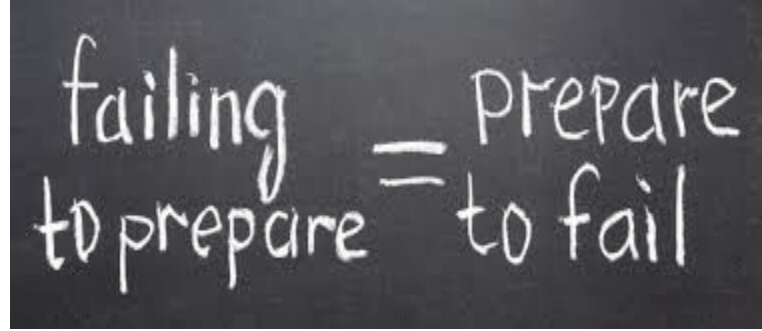
As we begin our lessons today, think about the following questions:

1. Do you get nervous when singing in public? Is it worse in a large group or when you are singing by yourself?
2. What other areas of life could we experience performance anxiety?
3. What are some coping mechanisms you know of that could reduce anxiety?

Watch this short video as an introduction to dealing with performance anxiety.

<https://www.youtube.com/watch?v=4LesX8k6wkA&list=RD3XL7sWTPNYY&index=5>

Don't Be Scared, Be Prepared!



failing to prepare = prepare to fail

The best way to avoid anxiety of any kind is to make sure that you are prepared with whatever material you are performing. Think of a time you took a test you didn't study for. How did you feel when the test came your way knowing you weren't prepared. What was the grade on that test?

You cannot expect to succeed without preparing the material, whether it be a test, speech, job interview or performance. You have to do your homework! Sometimes you get lucky, most times you will experience a catastrophic failure. You must hold yourself accountable for doing the proper preparation! You will be less scared if you are prepared!

Keep Calm and Perform On!

If you have done all of the work to prepare for your performance, chances are you will still be nervous or anxious. These are not the type of nerves of dread or despair because you know you are prepared. These are like the butterflies in your stomach knowing your big moment is on the horizon. Here are some tips that may calm these anxious feelings before your performance. Try this now and see if they have an impact on you physically/mentally.

1. Take 5 slow and calming breaths in through your nose and out through your mouth.
2. Think about 5 positive things/people that make you smile.
3. Keep your voice and body warm with vocal warm-ups and stretches
4. Listen to one of your favorites songs that will psych you up or calm you down.

Change Your Mind!



Attitude is everything when it come to performance, or life in general. If you have negative thoughts about yourself, a poor self image, or just a negative attitude towards how your performance will go, chances are it will go exactly how you think it will, poorly.

Humans don't have a tendency to think positively. That's why we have to change our minds many times per day about lots of things. Our minds can be our greatest cheerleader or our biggest adversary. Fortunately, we have control of that.

Practice: What is the first thing that pops in your mind about this quarantine? Was it positive or negative? Think of 3 positives about the quarantine. If you have a negative thought, try thinking of a few positives to go along with it. Apply this to all aspects of your life and you WILL be a happier, more confident person.

Don't Expect Perfection!

STRIVE FOR

excellence

NOT

perfection



Even the most prepared and talented of performers never has a perfect performance. Most really great performances appear free of flaws, but there's probably some aspect of performance they would tweak to make better.

Do you ever wonder why some artists sound great on the radio but not so great live in concert? Think of how many times they record, splice and technically alter music that is recorded in the studio. This is not possible when performing live.

We should work to achieve excellence in regards to performances. Give yourself some room to make mistakes and don't dwell on those mistakes that are made. Nobody is perfect, but lots of people are excellent!.

Eat Right!

What we put inside our bodies has a big impact on how we feel. Here are some things to avoid on performance day.

1. Large, heavy meals. Eat smaller portioned meals free of grease and rich foods.
2. Sugar and Caffeine- Energy drinks, coffee, soda, and sugary foods can increase anxiety and nervousness. Water is best for proper hydration.
3. Junk food- Fast food, chips, and sweet snacks may appease our hunger but are not an appropriate source of nutrition. Fruits, vegetables, yogurt, cheese, and nuts are much better choices.



It's OK to ask for help!

If you have tried all of the things on the previous slides but still struggle to calm your nerves, it's OK to reach out to others for help. You can find helpful people in your teachers, counselors, family, friends and physicians who specialize in performance anxiety and related anxiety disorders.

Name 3 people you can reach out to for help if needed?

Contact those 3 people and let them know they are a source of support for you and somebody you are counting on for help should the need arise.



Practice Makes Permanent!

Many people express that they wish they could perform as well as they perform when they practice. Why can't we do as well in a performance as we do in practice? Part of it has to do with the fact that in practice we are not feeling the nerves and feelings of a performance situation. The best way to overcome performance anxiety is to practice performing and perform as much as possible. Below are ways to make practice a performance.

1. Record yourself knowing you can't start over if you make a mistake.
2. Call a family member or a friend and perform for them over the phone.
3. Invite a family member or friend to a lesson and sing for them.
4. Run your songs in performance mode at the end of your lesson.
5. Visualize an audience while you sing.
6. Perform in public as much as possible. It gets easier and easier each time.

Final Thoughts

Singing/speaking is something that is very personal. Every one of us has our own voice that is unique. There is nobody else in the world who sounds exactly like us. Many times we are reluctant to share that voice because we ourselves don't like how it sounds, we compare our voices to others and don't feel we measure up, and we fear others will be judgemental once they hear what we have to offer. All of those things I just stated are true, but shouldn't limit us from sharing our gifts and talents with the world in whatever capacity we can. Instead of fearing sharing those gifts, embrace the opportunity to share something nobody else in the world can share, YOUR voice.

Extra Online 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>



Thank you!

