

LET'S TALK ABOUT STAGE FRIGHT!

WHY DOES IT HAPPEN?

Stage fright occurs when the brain perceives performing or speaking in front of an audience as a threat, triggering a "fight-or-flight" survival response. This releases adrenaline, causing physical symptoms like a racing heart, trembling, and dry mouth, driven by a fear of social judgment, failure, or embarrassment.



HOW CAN WE HELP?

- **Diaphragmatic Breathing:** Focus on deep "belly breaths" rather than chest breaths.
- **Body Stretching:** Do light neck turns and shoulder rolls
- **Avoid Caffeine:** Adrenaline already raises your heart rate; avoid coffee, energy drinks etc.

IT'S MORE NORMAL THAN YOU THINK!

Most performers deal with stage fright. Everyone finds their own tricks to help them work through the stress. There are many more techniques we can use other than physical ones because, as singers, we must release as much tension from both our bodies and our minds. If you tell yourself you can't do it, you won't sing to your fullest potential.

