

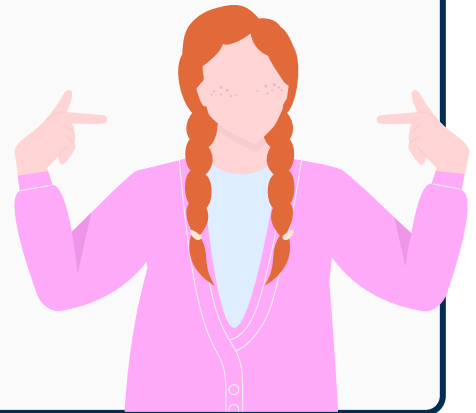
# Conquer Your Performance Anxiety

Use the skills below to manage the impact of your anxiety.

## Positive Self-Talk

Use positive self-talk phrases to remind yourself that you are prepared and possess the necessary skills to succeed. Use the phrases below or create your own.

- **You've got this!**
- **I can do hard things!**
- **I trust myself and my hard work!**



## Focus Cues

Focus cues are things you can say, see, or do to redirect your attention away from your fears and back to what matters in the moment.



### Verbal Cues

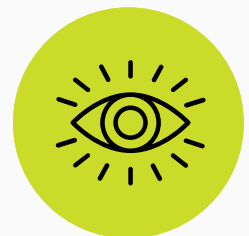
Effective verbal cues are positive, personal, and concise. Here are a few examples:

- **WIN - What's important now?**
- **ACE - Attitude, Concentration, Effort**

### Visual Cues

Effective visual cues are visible reminders that are always present and easy to find. Here are a few examples:

- **Tie a ribbon to your pen.**
- **Put a sticker on your water bottle.**



### Physical Cues

Effective physical cues are small, deliberate movements that can be done quickly. Here are a few examples:

- **Shake your head.**
- **Tap your pen on the desk three times.**



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## Breathing Exercises

Do this breathing exercise to calm your nerves in the moment.

- 1 Inhale through your nose for 4 seconds
- 2 Hold for 2 seconds
- 3 Exhale through your mouth for 6 seconds
- 4 Hold for 2 seconds
- 5 Repeat this 3 or 4 times



## Ask For Help



If you're stuck, speak up. Ask your teacher to clarify a question, or tell your coach you need a moment to regroup. Taking that pause shows self-awareness, not weakness.