

RELAX FROM THE INSIDE

1. **Maintain your daily routine:** This advice is usually helpful before exams. It would be better to stay calm as if you had an ordinary day ahead of you. Moreover, if you do something different, your body will react differently. For example, if you decide to eat a more hearty breakfast than usual or drink more coffee, there may be signs of physical discomfort. It would be important to stay away from caffeinated products before giving a presentation, but if a large cup of coffee is included in your daily routine then there is nothing to avoid.
2. **Jacobson muscle relaxation:** before the presentation but also during it we can feel tension in certain parts of the body, such as the shoulders, neck, and back. Muscle relaxation involves tightening and relaxing muscle groups, one by one. It starts with the fists, then the forearm, both arms, neck, back, and legs. Relaxation can be installed by observing the difference between the state of tension and the state of relaxation.
3. **Practice:** It is not recommended to rehearse the material to be presented at least one hour before the presentation. Presentation exercises should be done in a structured way, a few days before the event.
4. **Wear comfortable but professional clothing:** The way I look when I'm in a T-shirt or shorts is different from the way I look when I'm in a suit. The way we dress can influence the way we perceive ourselves and the way we think at a given time.
5. **Visualization and mental imagery:** Imagine giving that presentation in a very effective way. Imagine every part of it. What does it sound like? How does the audience react?
View these images as if you were in a movie.
6. **Meditation and Yoga:** These methods may take longer to produce results. It takes continuous practice, not just a week before the presentation. However, they can be useful and effective.
7. **Practice that presentation where you will be giving it (if possible):** Most speakers come the day before or a few hours before to see the room where they will be giving the presentation. This way you can plan in advance the place where you will stay, the route you will take during the presentation. It is a similar situation with the teams that play the match on their home pitch.
8. **Professional help:** there are professionals who deal with phobias and anxiety. Often the deep fear of public speaking leads to social anxiety.
9. **Breathing exercises:** These are very common exercises and there are a variety of ways to perform these exercises.
10. **I suggest the following scenario:** Inhale in your chest, through your nose, until you count to 4 in your mind, hold your breath for 3 seconds, then exhale lightly, for as long as possible, at least equal to the inhale. The exercise is repeated for several hours, and even several days before the presentation. It is an effective exercise for other stressful situations where we need to control the emotions we have.
11. **Invite an acquaintance:** You may need to have an acquaintance in the audience to offer you some moral support.