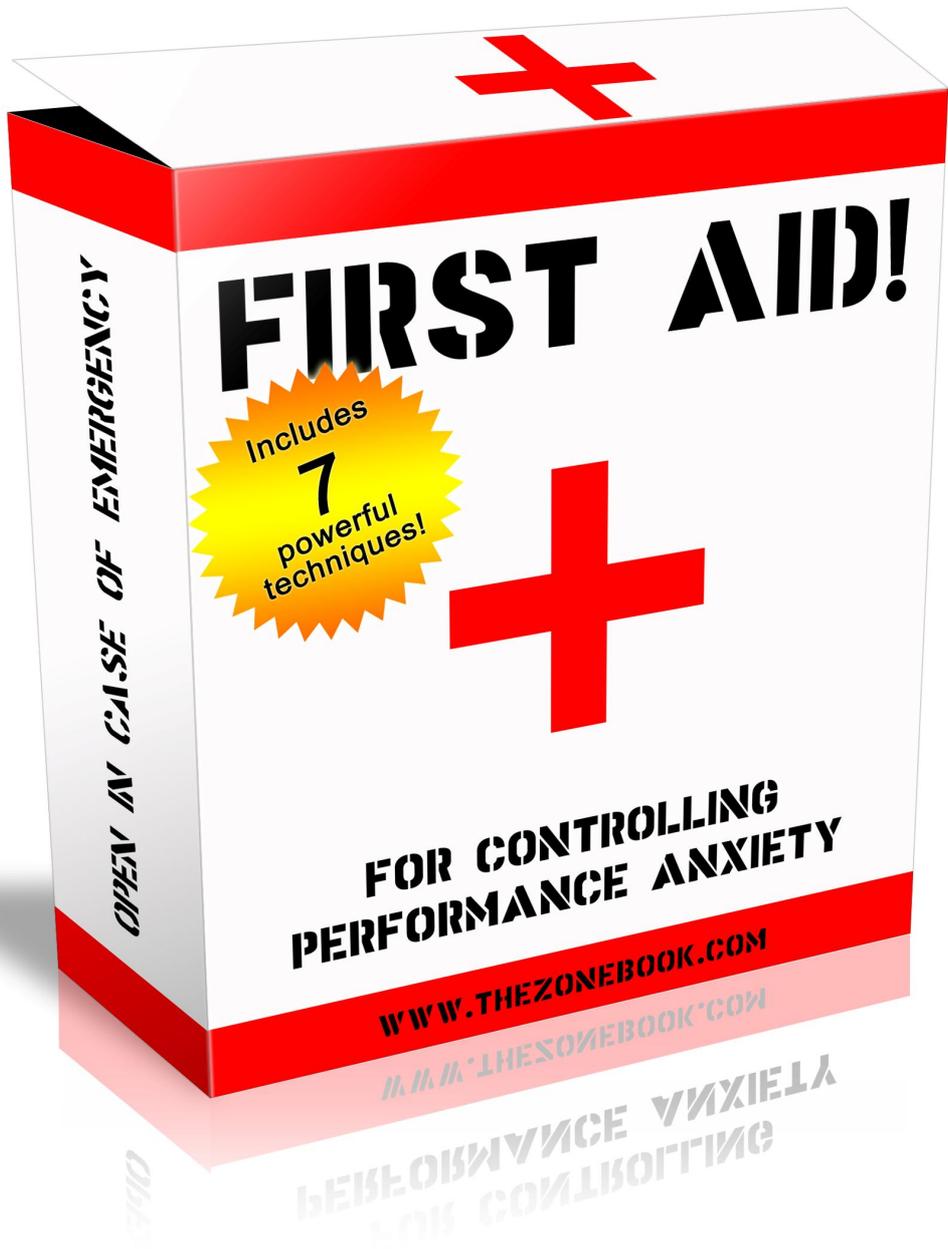


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# Welcome!

This eBook contains 7 simple yet powerful techniques that you can use **RIGHT NOW** to help relieve both performance anxiety and excess excitement before a performance. Some of these techniques can even be used during a performance!

By applying the techniques here in *First Aid! for Controlling Performance Anxiety* you can feel more at ease, more comfortable, and more in control in performing situations.

In other words, you can get closer to an ideal state of mind when under the spotlight, and get closer to performing in The Zone!

For a complete explanation of The Zone, performance arousal, more than 20 powerful techniques to help you get into the right state of mind in your performing situations, and a whole lot more to help you get better results in your field of performance, pick up your copy of *Performing in The Zone* from [www.thezonebook.com](http://www.thezonebook.com) today!

## TECHNIQUE # 1

# Going Peripheral

The technique of Going Peripheral can aid you in restoring a sense of calm and control to your body and mind if you ever feel nervous, anxious, or over-excited immediately before or even during a performance.

This technique can even be used in stressful, non-performing situations, to help you feel relaxed and at ease.

To Go Peripheral, simply follow these steps:

- 1) In a sitting or standing posture, look straight ahead. If standing, unlock your knees, and let your arms drop by your sides. You may choose to have your palms facing forwards, or in their natural position.
- 2) Relax the muscles around your eyes. You can even close your eyes slightly.
- 3) Concentrate on your peripheral vision. That is, 'look at', or 'focus on' the objects or the walls at the extreme left and right of you at the same time without moving your eyes,
- 4) Maintain this attention to your peripheral vision for as long as you feel necessary, but at least for 30 seconds.

Going Peripheral works in 2 ways:

- 1) By concentrating on relaxing your eyes, and moving away from the tendency for tunnel-vision in stressful situations, you reduce the activation of your Sympathetic Nervous System – the branch of your nervous system responsible for creating sensations of anxiety and excitement.
- 2) When this happens, your Parasympathetic Nervous System (responsible for creating sensations of calm and relaxation) becomes activated, and you experience a calming, relaxing response in your body and mind.

## TECHNIQUE # 2

## “C3”

“C3” is a Mantra which you can use to help reduce anxiety or excess excitement prior to any performing situation.

“C3” stands for **calm**, **confident**, and **controlled**.

Memorise the figure “C3”.

Alternatively, write “C3” in your notes, on your hand if appropriate, or on a Cue Card<sup>1</sup>.

Follow these steps to quickly achieve mental and physical calm:

- 1) Think of the word ‘**calm**’. Say the word ‘calm’ in your mind. Concentrate on the feeling of ‘calm’ as you take a gentle breath in and out.
- 2) Think of the word ‘**confident**’. Say the word ‘confident’ in your mind. Concentrate on the feeling of ‘confident’ as you take a gentle breath in and out.
- 3) Think of the word ‘**controlled**’. Say the word ‘controlled’ in your mind. Concentrate on the feeling of ‘controlled’ as you take a gentle breath in and out.

If you have difficulty concentrating on the feeling of each of these words, simply ask yourself the following 3 questions:

*“If I was calm, how would that feel?”*

*“If I was confident, how would that feel?”*

*“If I was in control, how would that feel?”*

The “C3” Mantra is a technique you can use to quickly bring extreme excitement or anxiety to a more manageable level. Try it!

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<sup>1</sup> Cue Cards and Mantras are fully explained in the book *Performing in The Zone*. For more information, visit [www.thezonebook.com](http://www.thezonebook.com)

### TECHNIQUE # 3

# Role Play

Who in your field of performance do you admire?

How would he/she act or appear in your situation?

Focus on a role-model, and become that person immediately before and/or during your performing situation.

For example, if you are about to begin your first photo-shoot, one way to reduce performance anxiety and excess excitement is to simply 'become' Claudia Schiffer. How would she handle the situation?

Are you about to perform in a concert? 'Become' Christina Aguilera, Luciano Pavarotti, Yo-Yo Ma, or someone else. How would they appear and perform in your situation?

Are you about to take part in a casting audition? 'Become' Tom Hanks, Nicole Kidman, Jack Nicholson, Halle Berry, or someone else. What sort of impression would they make?

Are you about to walk out to bat on the cricket pitch? 'Become' Sir Donald Bradman, Brian Lara, or Sachin Tendulkar. How would they perform?

Are you about to speak to an audience? 'Become' a great speaker from history or the present day.

You get the idea!

Have fun standing in someone else's shoes in your performing situation!

## TECHNIQUE # 4

# Burning Excess Energy

(Note: This technique is not suitable for all performers. If you do decide to use this technique, practise it only if you have a considerable amount of time to spare before your performance!)

You may like to think of anxiety or over-excitement as excess energy. If you don't let this energy go, it can build up inside you, giving you 'the shakes', as well as a lot of other symptoms.

If you have an excess of nervous energy and need to pass the time on the day of your performance, try one of the following 3 techniques for Burning Excess Energy.

- 1) Get face-down on the ground – right now, and do 10 push-ups! Do them as quickly as you can! Finish by lying on your back, arms and legs spread. Rest in this position for 5 minutes or more. Jump up and repeat the exercise if necessary!
- 2) Go for a run for 10 – 15 minutes (but only if you have the opportunity to have a shower and change clothes afterwards!) Run at a moderately fast pace so that you build up a decent sweat. Finish by lying on your back, arms and legs spread. Rest in this position for 5 minutes or more. Take a shower and get changed. Return to the rest position for another 5 minutes if necessary.
- 3) Stand up – right now! Tense all of the muscles in your body as hard as you can for a few seconds. Squeeze!! Now lie on the floor on your back, with arms and legs spread. Rest in this position for 5 minutes or more. Jump up and repeat the exercise if necessary!

Be careful not to expend too much energy when practising these techniques! Save some for your performance!

And again, make sure you have ample time to rest between Burning Excess Energy and your performance!

## TECHNIQUE # 5

# Bananas!

Bananas contain many important nutrients including B vitamins, and can help you to maintain a healthy nervous system. With a well nourished nervous system, you can feel calmer and more in control of your mind and body in stressful situations.

Therefore, to aid your nervous system from the inside, eat 1 or 2 ripe bananas on the day of your performance, as well as 1 banana approximately 60 minutes before entering the performance stage.

In addition, the added bonus of eating bananas is that according to recent studies, bananas can aid in curing a whole host of chronic and acute conditions including depression, PMS, anaemia, high blood pressure, constipation, hangovers, heartburn, morning sickness, mosquito bites (rubbing the affected area with the inside of the banana peel), ulcers, Seasonal Affective Disorder (SAD), and stress.

~~An apple~~ A banana a day can keep the doctor away, and performance anxiety at bay!

## TECHNIQUE # 6

# Warm Hands

Nervousness and performance anxiety can often be accompanied by a wide range of physical symptoms. One of these symptoms can be cold and clammy hands.

Just as the state of your mind can affect the state of your body, the state of your body can affect the state of your mind.

According to studies in the science of bio-feedback, by warming your hands using an external stimulus, you can feel calmer, more relaxed, and more at ease.

Therefore, if you are feeling nervous, shaky, or anxious before a performance, find a basin and run your hands under warm water for a few minutes. Dry your hands thoroughly.

Alternatively, warm your hands under a hand-dryer or next to a heater.

Keep your hands warm and dry until your performance.

## TECHNIQUE # 7

# Progressive Relaxation

Lie down flat on your back on a soft, comfortable surface. Cover your body with a blanket or coat. Allow the floor to take your weight. The floor will hold you!

Close your eyes.

Focus on the individual parts of your body whilst slowly reciting the following phrase in your mind.

The/My \_\_\_\_\_ is relaxed.

The/My \_\_\_\_\_ is relaxed.

The/My \_\_\_\_\_ is relaxed, and warm, and comfortable.

For example, start with this:

The thumb on my right hand is relaxed.

The thumb on my right hand is relaxed.

The thumb on my right hand is relaxed, and warm, and comfortable.

Move on to your forefinger, middle finger, ring finger, pinky, your whole right hand, wrist, elbow, arm, and then shoulder. Repeat for the big toe on your right foot. Move to your 2<sup>nd</sup> toe, your 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>. Continue with your whole right foot, ankle, knee, leg, and hip.

Repeat for the left side of your body.

Then concentrate on your hips, lower back, middle back, upper back, neck, jaw, facial muscles, whole head, your chest, solar plexus, and stomach. Finally concentrate on the body as a whole.

When you have focussed on all the parts of your body, remain lying down in your relaxed state for a few minutes, and begin to slowly move your body when you feel ready.

This exercise can be very calming, and can take anywhere from 15 minutes up to half an hour (or more if you happen to fall asleep!)

# Conclusion

These 7 techniques can have a powerful effect in helping you to become calmer and more in control before and during performing situations **IF YOU USE THEM!**

However, to truly become a master of your performance environment, and indeed a master of yourself, you will need an effective strategy, such as The 12 Week Performance Success Programme, fully described in the book *Performing in The Zone*.

In *Performing in The Zone*, you get:

- To learn about how your mind and body works in performing situations
- To find out what The Zone is, and how to get there
- A complete explanation of performance arousal, and how it can affect you positively or negatively in performing situations
- Over 20 techniques specifically designed to help you to control your performance arousal level, so that you can achieve better results on the performance stage
- The 12 Week Performance Success Programme – a tailor-made 12-week programme designed to help you incorporate the techniques from *Performing in The Zone* into your performing life
- An introduction to further sources of advice and information which can aid you in your journey to The Zone, including Neuro-Linguistic Programming (NLP), Traditional Chinese Medicine (TCM), and a lot more!

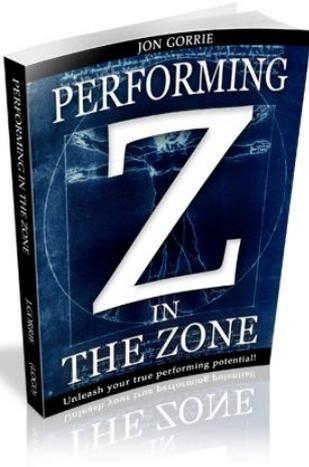
In addition, at [www.thezonebook.com](http://www.thezonebook.com) you can subscribe to:

- The very latest techniques for controlling performance anxiety and over-excitement
- One-on-one coaching services – in person, via chat, or via video conferencing (limited number of places available)

“*What can you do now?*”

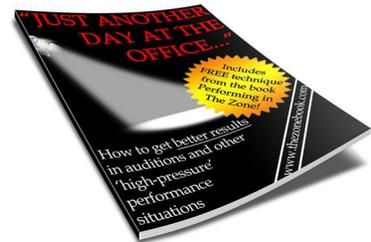
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- 4) Visit thezonebook.com blog at <http://www.thezonebook.com/blog> regularly for news updates, free articles about becoming a better performer, inspirational videos, and special offers!

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