

Nerves

Getting Over the Adrenaline Spike

Breathe deeply

Move around the space so you own it

Do a physical warm up

Go for a walk

Pause and gather your thoughts

Stretch

Shake it out

Drink a glass of water

Get your attention off you and onto your audience

Take an inventory of your physical sensations

Focus on your purpose: what do you want your audience to do, think or *feel*?