



SIX WAYS INTROVERTS (AND ANYONE) CAN TALK THROUGH STRESS

RELATE TO THE AUDIENCE

What would you want the audience to take away?
Now imagine what they want to hear.
How can you overlap the two?

UNDERSTAND YOURSELF AND THE TOPIC

Are you talking for your own relief or intending a specific message? Speaking to convey a purpose will be more impactful to the audience.

RECOGNIZE EMOTIONS

Recognize if you are prone to blushing, using filler words, or other distractions as signs of normal emotional stress. Learn to recognize your distracting habit by recording yourself or by working with a friend.

FIND YOUR WHEELHOUSE

At our most confident, we all have a natural tone, rhythm, and way of gesturing that suits our personality. Take up space when communicating and use your physical movement to process pent-up emotions..

PRACTICE, PRACTICE, AND THEN PRACTICE AGAIN.

Rehearse planned presentations at home or with those you trust. Take every opportunity to communicate as a chance to express yourself and run through pent up emotions. That way, when talking to the intended audience you will be more likely to maintain focus.

HIT THE PANIC BUTTON? TAKE A BREATH.

Pausing is a natural, confident element for any speaker and can help calm nerves. Inhale through your nose and exhale through your mouth at a slower rate. Consistent belly breathing is a simple way to overcome any stressful moment and is a powerful strategy to stay on point.