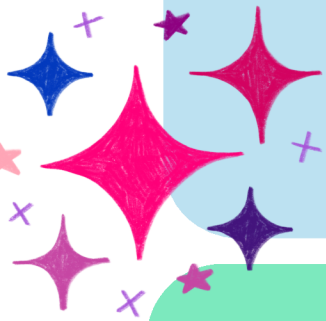


# OVERCOMING PERFORMANCE ANXIETY

Here are some tips to help you navigate performance anxiety:



Prepare, Prepare, Prepare  
Nothing helps build confidence like being well-prepared.




Breathe and Relax  
Learning relaxation techniques, like deep breathing can calm your nerves before and during your performance.

Focus on the Music, Not the Audience  
Shift your focus away from yourself and instead, immerse yourself in the music.

Start Small  
Make a recording of yourself performing something you enjoy and send to a few friends or family members.



Perform Regularly  
The more you perform, the less intimidating it becomes.

Overcoming performance anxiety is a journey that takes patience. Trust in your preparation, and let your passion for music lead the way. Good luck, and happy playing!   
-Liz teaches piano

