



Your energy introduces you before you even speak

Working with Speaking Nervousness

Standing on stage or presenting can be a vulnerable place and understandably this can create feelings of nervousness and/or fear, worry, concern, etc - add whichever EMOTIONS feel true to you. Even the thought of this speaking or presenting can create those same visceral experiences.

Learning to be with, work with and accept these discomforts is a must because the harsh reality is THE NERVOUS ARE ALWAYS GOING TO BE THERE SO YOU BETTER GET USE TO THEM! Let's start

Consider 'e-motions' as energy in motion within the physical body. Each emotion has a different quality or texture - A mix of SENSATIONS! Sensations are easy to divide up into 3 categories (see below). When we become self-aware of the different sensation that arise we can be more mindful of the message they are sharing and skilful in navigating these difficult moments. By becoming more familiar with these physical emotions we can have more control over our reaction.

Pressure

Tense
Rubbing
Achey
Contracted
Pushing
Knotted
Grinding
Tightness
Tapping
Pulling
Tingling
Itchy
Oscillating
Biting
Releasing
Rigid

Movement

Pulsing
Vibrating
Dropping
Rising
Expanding
Whirling
Spinning
Growing
Stretching
Buzzy
Wobbly
Shaky
Fluttery

Temperature

Hot
Cold
Chilling
Burning
Freezing
Numb
Sweaty
Clammy
Fiery
Shivery
Icy
Warm

Exercise:

I'm feeling, I'm Sensing

Start by saying "I'm feeling (share any emotion that feel present scared, worried, nervousness, excited, etc)..." Then tune into all the sensations you can SENSE inside the body for this emotion. "I'm sensing it as (Use words above as prompts if helpful)..." Add as many as possible.

PRO TIP:

The more you practice the easier it will become to notice and befriend.

