IIT ROORKEE

NPTEL ONLINE CERTIFICATION COURSE

# Lecture - 24

## Reducing Stage Fright-2

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# What can be Done about Stage Fright?

- Medication
- Relaxation techniques such as yoga, meditation, autogenously training
- Attitude and mental therapy
- Bio and neuro feedback
- Alpha/ theta training
- Hypnotherapy
- Realistic thinking
- Practicing
- Visualization
- Countering distracting/destructive thoughts
- Psychotherapy.

- Figure 1: A model of stage fright
- (Influencing factor) (Influencing factor)
- The person The musical task
- - anxious/hypersensitive - insufficient preparation
- - introverted/neurotic/narcissistic - much depends on it
- - social phobia - playing by heart
- - perfectionism - routines of the performance
- practice
- - ineffective coping strategies - size of the audience
- - lack of technique - bad working conditions
- - musical identity

# How to Control the Stage Fright?

- Recognize the stress as excitement.
- Use your large muscles.
- Take deep breath from diaphragm.
- Exaggerate your symptoms.
- Watch what you eat.

# Advices to Tackle Stage Fright

- Avoid Milk.
- Maintain sugar levels.
- Eat sensibly.
- Avoid alcohol , nicotine, caffeine.
- Exercise.
- Take vitamins.
- Calcium and magnesium in balance.
- Listen to your body.