



# Take Control of your Performance!

## 3-Steps to Managing Pre-Performance Anxiety

A personalizable mental skills digital workbook created by  
Beyond Horizons Performance



Hi, I'm Demi Agaiby - a Mental Performance Consultant & founding director of Beyond Horizons Performance. With 20+ years of commercial and concert dance training and an M.S. in Sport and Exercise Psychology, I believe that psychological skills training and mental wellness have a place in all performance spaces. That vision starts here with you! Let's dive in!



When we experience pre-performance anxiety, our brain alerts our physiological system that something is out of the ordinary.



Increased heart rate



Quick, heavy breathing



Urge to use restroom



Fight or flight response



Muscular tension or cramping

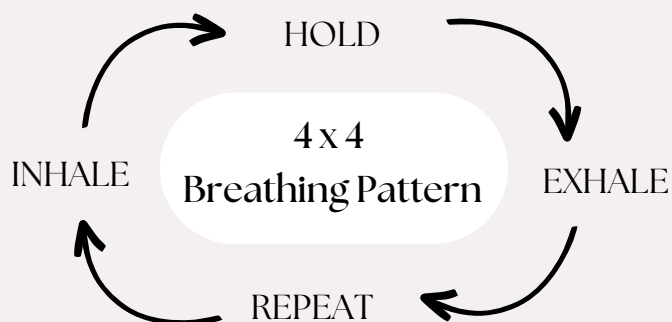
Here are 3 simple ways we can address our physical, mental, and emotional responses during high-stress scenarios.

## 1 TAKE INVENTORY

What mental/emotional responses do you tend to experience during pre-performance anxiety? Examples include over-thinking, worry, etc.

What physical symptoms do you tend to experience during pre-performance anxiety? Examples include increased heart rate, sweaty hands, etc.

## 2 USE YOUR BREATH



Follow the rule of 4's:

- Inhale for 4-counts
- Hold for 4-counts
- Exhale for 4-counts
- Repeat 4 times!



### Why it works:

When you take deep breaths, you're sending a message to your brain that everything is going to be okay! This also helps us connect our mind & body, which is essential before any performance. The added plus? It engages your core muscles!

### 3 FOLLOW A ROUTINE

Following a pre-performance routine can help you feel a sense of control as you enter any high-stress scenario. Your pre-performance routine will be most effective if you make sure to include the following:

- One strategy that addresses your physical symptoms
- One strategy that addresses your mental/emotional symptoms
- Simple movements or stretches with breath work
- One fun strategy that aligns with your personality

Here's an example to help you brainstorm!

PHYSICAL: Increased heart rate



4x4 breathing with eyes closed

EMOTIONAL: Increased irritability & short temper

Alone time before performance

MOVEMENT: Prioritizing stability & strength

Simple core exercises

PERSONALITY: Passionate

Listen to special playlist while getting ready



## Did you find this helpful?

Schedule your free discovery call [HERE](#) to learn more about how you can manage your pre-performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



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