

Exercise (19)

Practice these stress-relief techniques in advance so you'll know what to do on the day of your presentation:

1. Breathing exercises:

- Take a deep breath, drawing it in slowly through your nose, not your mouth.
- Hold it for two seconds, then begin releasing it—slowly.
- Take longer to release the air than it took to inhale.

2 Stretching exercises:

- Sit in a chair, preferably one that promotes good posture—not a comfortable recliner-type.
- Sit up straight, squaring your shoulders.
- Stretch your legs out in front of you while still keeping your feet flat on the floor.
- Push your heels into floor, lifting your toes to stretch your calves.
- Keep your hands in your lap or on your thighs while stretching your arms and shoulders.
- Wiggle your fingers and toes.

3. Walking exercises:

- Pretend you've just been introduced. Stand up briskly and with confidence.
- Walk across the room with a confident stride, head up and shoulders back.
- If possible, visit your speech location early and repeat these exercises.