

HOW TO CONQUER THE "GREEN ROOM" JITTERS

The 60-Second Ritual to Turn Fear into Fuel

The sixty seconds before you walk on stage are the most dangerous. Your heart is racing, your palms are sweaty, and your brain is screaming at you to run away. Most people spend this minute freaking out. Professionals spend it tuning up. You don't need a pep talk; you need a protocol. Here is exactly what to do in the final minute to turn that fear into fuel.

0:00 - 0:15 THE ADRENALINE DUMP

Anxiety is just physical energy trapped in your body. If you stand still, you will shake. You need to dump that energy. **The Fix:** Find a private corner or a bathroom stall. Shake your hands out violently. Bounce on your heels. Stretch your jaw wide open. It looks ridiculous, and that is the point. You are physically shaking the tension out of your muscles so you can walk out loose, not stiff.

0:15 - 0:30 THE DRY MOUTH FIX

Dry mouth is the sound of fear. It makes your lips smack and your voice crack. **The Fix:** If you have water, take a small sip—but don't gulp, or you'll burp on stage. If you don't have water, lightly bite the tip of your tongue. This trick triggers your salivary glands to activate instantly. Lubricate your instrument so you don't sound like you've been eating sand.

0:30 - 0:45 THE "GIFT" SHIFT

Nervousness is selfish. It means you are obsessed with yourself: How do I look? What if I mess up? Stop it. **The Fix:** Shift your focus entirely to the audience. Tell yourself: "I have a gift for them. They need this information." When you view your speech as an act of service rather than a performance, the fear evaporates. You aren't there to be impressive; you are there to be helpful.

0:45 - 0:55 VISUALIZE THE FIRST LINE ONLY

Do not try to replay your whole speech in your head. You will get lost and panic. **The Fix:** Focus on one thing only: Your opening line. Hear it in your head. See yourself saying it perfectly. If you nail the first ten seconds, your muscle memory will take over for the rest. Lock that opening sentence into your mind like a missile target.

0:55 - 1:00 THE POWER POSE

It's time. Stand tall. Roll your shoulders back and down. Plant your feet. **The Fix:** Take one last deep breath through your nose, filling your stomach. Hold it for a second. Exhale slowly. Put a slight smile on your face (it tricks your brain into thinking you are happy). Walk out there and own the room.

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