

PERFORMANCE PREPARATION

ARTISTIC PREPARATION

Long term strategy

Practice and rehearse
Listen to and observe others
Develop artistic interpretation
Simulate performance
Do preliminary performance
Record performances
Gain feedback from others

Short term strategy

Taper off practice
Keep your "hand in"
Go over difficult parts

PSYCHOLOGICAL PREPARATION

Long term strategy

View performance as a challenge
Mentally rehearse the performance
Use positive self-talk for preparation
Develop mental focus

Short term strategy

Use positive self talk for "before" stage
Focus on performance goals
Use task-relevant thinking
Mentally rehearse the performance
"Centre" yourself before going on

PHYSICAL PREPARATION

Long term strategy

Take regular exercise
Maintain good health
Remain injury free
Relax

Short term strategy

Increase relaxation practices
Practice breathing awareness
Do stretching exercises
Warm-up before performing
Take a nap/ sleep/ rest
Eat complex carbohydrates and minimise caffeine and sugars

ORGANISATIONAL PREPARATION

Long term strategy

Develop lifestyle around career goals
Develop plan for each performance
Cultivate support from others
Good time management
Familiarise yourself with venues

Short term strategy

Organise "hassle free" day
Arrange transport, clothes etc
Arrive early
Have time alone before performing

Here are some ideas to use to replace unwanted thoughts during each of these stages:

- 1 BEFORE THE EVENT.
Worrying won't make it any different.
Exactly what do you have to do?
Just think rationally. Negative thoughts are not normal.
You can plan how to deal with this.
Plan some mental rehearsals of this event.

- 2 BEGINNING OF THE EVENT
Just get a grip on yourself. You can handle this.
You only have to take it one step at a time.
Keep your mind on what you have to do, not the fear.
This anxiety is a signal to relax

- 3 DURING THE EVENT
Take a deep breath, pause and relax.
What is the next step? Focus on that.
Fear is natural. It arises and subsides, and you can keep it under control
It will be over soon. Nothing lasts forever.
Worse things could happen
Use mood cues and process cues to take your mind off your fear.

- 4 AFTER THE EVENT
You did it!
That wasn't so bad.
It's getting easier.
You could do it again with half the trouble.
Your thoughts about it were worse than the thing itself.
Once again you were bigger than your fear.
This really works.