



Brain & Body: Reframing Nervousness and Stress

Business Presentation Mastery Module 1

This exercise will help you get in touch with your body's natural stress response and help you compare the physical feeling you get when you go to speak vs. the physical feeling you get when you are doing something that you enjoy and that gets you pumped up. You want to be able to recognize early physical signs of bad stress (such as when you are very nervous or anxious before a talk) so you can start comparing it to the physical signs of good stress. This is key for the reframing process.

1) How does my body feel when I'm nervous about speaking or presenting (either before or during your speech or presentation)? Write down a description of any physical sensations you might get:

Breathing (e.g.: fast, shallow, deep, slow, ragged, tight): _____

Heart (e.g.: normal, pounding, squeezed, jumping, racing): _____

Face (e.g.: clenched jaw, tight forehead, dry eyes, flushed, ringing ears): _____

Muscles (e.g.: tight, tense, loose, trembly): _____

Hands (e.g.: shaking, cold, numb, tingling, fidgety, clammy): _____

Gut (e.g.: nauseated, butterflies, clenched, heartburn): _____

Brain (e.g.: brain going blank, thoughts racing, hyper-focused, jumpy, numb): _____

Other (e.g.: sweaty, tunnel vision, chills, itchy): _____

2) What are some activities that get me excited and make my heart pound in a good way? (eg: downhill skiing, watching an action movie, about to win a board game, closing a deal, bargain hunting, riding a roller coaster, etc.)

3) How does my body feel when I'm doing that activity?

Breathing (e.g.: fast, shallow, deep, slow, ragged, tight): _____

Heart (e.g.: normal, pounding, squeezed, jumping, racing): _____

Face (e.g.: clenched jaw, tight forehead, dry eyes, flushed, ringing ears): _____

Muscles (e.g.: tight, tense, loose, trembly): _____

Hands (e.g.: shaking, cold, numb, tingling, fidgety, clammy): _____

Gut (e.g.: nauseated, butterflies, clenched, heartburn): _____

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Other (e.g.: sweaty, tunnel vision, chills, itchy): _____

4) *What similarities are there between my physical feelings in Question 1 vs. my physical feelings in Question 3? Where is one experience “kind of like” the other?*
