



Mental Rehearsal

To begin a mental rehearsal, sit up straight in a chair and try to become as comfortable as possible. Position your hands on your lap so they feel relaxed. Close your eyes and take at least three diaphragmatic breaths. Your abdomen will rise, not your chest or shoulders. Next, begin mentally picturing the following scenes as the body relaxes.

- Getting out of bed on the day you will give your speech. You feel energized, confident and prepared to meet the challenges of the day
- Dressing in clothes that are right for the day
- Engaging in the activities you typically do before the time of the presentation
- Driving/walking to the space where the speech will take place (while practicing diaphragmatic breathing)
- Taking your seat in the classroom, comfortably conversing with others and feeling confident
- Waiting for class to begin while repeating positive thoughts
- Being called up for your presentation, feeling confident, breathing deeply as you take your place
- Delivering your speech and feeling confident, picturing each part of your speech in turn, making note of positive audience reception of your words
- Returning to your seat feeling energy and gratification knowing you did your best