

Performance Anxiety Notes

from Rami Brar-Niv:

There are 2 main issues to performance anxiety:

- 1) Preparation.
- 2) The actual anxiety.

I also divide Preparation into 2 parts:

- a) Learning and getting the material to a performance level.
- b) Endless run-throughs.

1a) You got to be prepared, know your material backwards and forwards, even in the middle of the night or while asleep... have it analyzed from all aspects, know it at half speed and at "double" speed, with your eyes open and closed, at the keyboard and off the keyboard, and be able to start at any random spot, etc.

1b) Run-through the material in front of any audience possible, from your pet to a few people at church/ synagogue, at your place or visiting friends/family, old age home or small party, etc. A recording device is an audience too... Practicing performing through some distractions is also helpful.

You have to be prepared 200%, this way if for whatever reason you lose 100% you still have 100% left.

2) Practice Yoga, Meditation, Alexander, Feldenkrais, etc. Try hypnosis treatments - they are powerful.

If all that doesn't help and you have physical symptoms of anxiety i.e. sweaty hands, shaky hands, etc. see a doctor about beta blockers. They are not going to make you play better, nor help you be prepared better. They are going to enable you to realize your potential and perform to the standard you have prepared yourself.

Sleep well, eat well, drink a lot (not alcohol), do sports and stretches, eat a banana, and warm-up thoroughly prior to performing.

Best Wishes,

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