



## ***Just Breathe!* How to add power to your voice and calm your nerves when speaking in public**

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Have you ever heard someone so nervous that their voice squeaked during their speech? Perhaps you've given a speech and felt dizzy at the beginning. Deep breathing is a way to add power and intensity to your voice, while stretching can release nervousness and reduce your stress. Use the techniques of opera singers to add power and confidence to your voice – in any stressful situation.

### **STRETCHING TECHNIQUES**

- Stand up
  - Slowly roll shoulders forward and back
  - Shake out hands and feet
- Face stretches, lip trills
- Slowly bend over and let your head and hands hang
  - Slowly roll up
  - Slowly raise your hands to the sky
  - Slowly lower your arms, keeping your rib cage where it is

= *This is the correct posture for speaking with authority*

### **BREATHING TECHNIQUES**

- Stand tall, sit up straight, or do “wall sits”
  - Place one hand on your chest and one hand over your belly button
  - Breathe in on a count of 4 – expanding your stomach, keeping your chest still
  - Exhale on a count of 4 – relaxing your stomach
- Lie on your back
  - Place a book over your stomach
  - Breathe in on a count of 4 – feel the book rise.
  - Exhale on a count of 4 – feel the book lower.

Once you learn to breathe with your diaphragm, you can easily and discreetly breathe deeply before and during your speeches.

*Disclaimer: if you feel discomfort or light-headedness using the above techniques, sit down, relax, and breathe normally.*