CHECKLIST: 8 TIPS AGAINST STAGE FRIGHT

Getting Rid of Stage Fright

The steps to eliminating camera panic are the same as the steps to deal with stage fear:

1. Relax your body! Releasing the tension present in the body can help one steady the voice and calm the mind down. One way to relax the body is by making a humming noise. Similarly, eating a fruit before facing the camera can help. However, make sure not to eat a heavy meal before filming. Stretching is another way to ease your body into a relaxed state.
2. Apart from relaxing the body, you also need to relax your mind to help with camera panic. One of the best ways to do this is by meditating. Ideally, this is done in the mornings or at least, an hour before the performance. 15 to 20 minutes a day should be good enough. Meditation involves sitting on the floor with folded legs and closing the eyes. While doing this, the hands must be rested on the lap and the breathing must be relaxed. The objective is to reach a mental state where no thoughts are present.
3. Another important thing to do is to avoid anything that functions as a stimulant. For example, coffee or sugary foods can boost energy, which can also lead to increased anxiety. To be on the safe side, make sure your team indulging in such treats before the performance.
4. The mind plays a key role in all of this fear and anxiety stuff. Therefore, learning to control the mind can be very helpful. So, start convincing your mind that you don't experience anxiety. This can seem farfetched, but it does work, if done with enough conviction. In fact, you and your team can set a time where your mind automatically stops being anxious. Keep doing it on a regular basis and you will have conditioned your mind to obey your requests.
5. Exercise is another way to avoid panic and anxiety. What happens when we exercise is that our bodies begin to produce more endorphins. Endorphins are mood-improving hormones and they can help us reach a positive state of mind. For example, a quick game of basketball an hour before the performance should do some good for the whole team.
6. Laughter is another excellent way to alleviate tension and nervousness. So, yeah, make your team laughs before going on camera. There is plenty of funny and safe material on the Internet. So, you can start with that. You can also start with laughter exercises. A quick Google search on the topic will give you everything you need to know.
7. One of the causes for camera panic is the sense of being unprepared. So, make sure your team has everything set and that everybody has practiced his or her lines. Also, make sure everybody is early for the performance. Delays will only cause more stress. Being prepared in advance can bring down a fair bit of stress.
8. This strategy might sound a little odd, but it's known to work. To prevent camera panic or stage fear, people are often advised to imagine a loved one as every person in the audience. This tends to have a relaxing effect on the speaker or performer. Maybe you can try this with your own team and see how it goes. Also, since it is in front of a camera, the strategy might be relatively easier to apply.