

PERFORMANCE REHEARSAL

Performance rehearsal is the practice of mentally rehearsing and preparing for a stressful event or situation. For example, performance rehearsal may be used prior to taking a test, speaking in public, or engaging in a difficult conversation. Imagining the event and envisioning success can help to alleviate stress and anxiety. Mental rehearsal prepares the mind and allows you to realize and work through any foreseeable obstacles. By mentally preparing, you may feel more equipped to handle the stressful event in a calm manner.

DIRECTIONS

Consider an upcoming performance, event, conversation, or situation that incites stress or anxiety, or that you are wanting to excel at. Recall a time when you were able to successfully accomplish a similar task and realize your strengths. Allow yourself to recall what it was like to feel confident, competent, and accomplished. Hold on to these feelings as you think about the upcoming event that you have chosen to mentally rehearse. Vividly imagine yourself participating in the event. Imagine yourself approaching the event with a sense of calm and ease. See yourself doing your best and completing the event exactly as you had hoped. Envision yourself being in control of the situation.

For more information please contact a counselor or visit our website:

(208) 282-2130

<http://www2.isu.edu/ctc/biofeedback.shtml>