

# Appendix

# A

## Anxiety on the big day

In life, we all face moments that put us to the test. An important exam, a nerve-racking speech, a big performance, a tough competition, or a crucial interview.

The grip of anxiety and worry in these situations can swiftly become overwhelming, affecting our emotions and overall performance.



**Can you remember a time you felt anxious before a big day? How did you manage it and did your nerves make things harder or easier in the moment?**

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Here are some helpful tips for managing and dealing with anxiety:



# Anxiety on the big day

## 1. IT'S NORMAL TO FEEL ANXIOUS

Many people panic and worry about experiencing anxiety, believing that something is wrong with them or that something bad will happen. They try to get rid of the anxious feelings but only strengthen them.

(See Hack 12 for more information on accepting and normalizing feelings)

The key is to accept how you feel as a natural response to a big event. It's common to feel butterflies in your stomach, tension, a reduced appetite, and perhaps dizziness or shaky legs.



**Why do you think trying to fight anxiety can sometimes make it worse? What might happen if you just accepted that feeling nervous is normal?**

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## 2. BE PREPARED

Plan ahead; the more prepared you are, the more confident and less stressed you'll feel on the big day. Trying to cram information or practice at the last minute can increase stress and may be less effective. Trust in your preparation and focus on staying relaxed. Remember that any preparation should be done in a distraction-free environment.

(Refer to Hack 3 for tips on structuring your time effectively)



**What's one small way you could prepare better for something important and how might that help you feel more confident?**

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