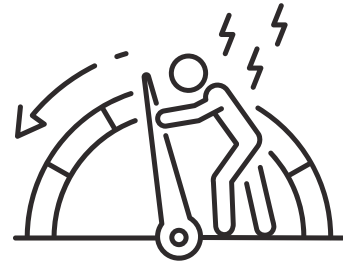


4 WAYS TO STAY CALM BEFORE A STRESSFUL EVENT



1. Take deep breaths. Regulate your breathing by breathing in through your nose for a count of 3, holding it for a count of 3, and then releasing the breath through your lips for a count of 3.

2. Try vocal toning. If you're about to give a speech or meet with people, try vocal toning to help you relax as well as improve your ability to detect higher frequencies in human speech. With your mouth closed and teeth slightly apart, make a humming sound. Do this while sitting up straight. As you feel the vibrations in your face and chest, you will start to feel relaxed.

3. Watch a funny video or think about something that makes you laugh. You may also find it helpful to visualize the upcoming event but pretend that something silly happens. For example, if you're giving a presentation, imagine that instead of people, you're giving the talk to kittens wearing hats.

4. Visualize yourself in a peaceful place for a minute or two. For example, picture yourself in a forest where you can hear a stream babbling nearby as sunlight filters through the trees. Imagine the smells, the sights, and the sounds. You'll immediately feel less stressed in a such a serene place.