

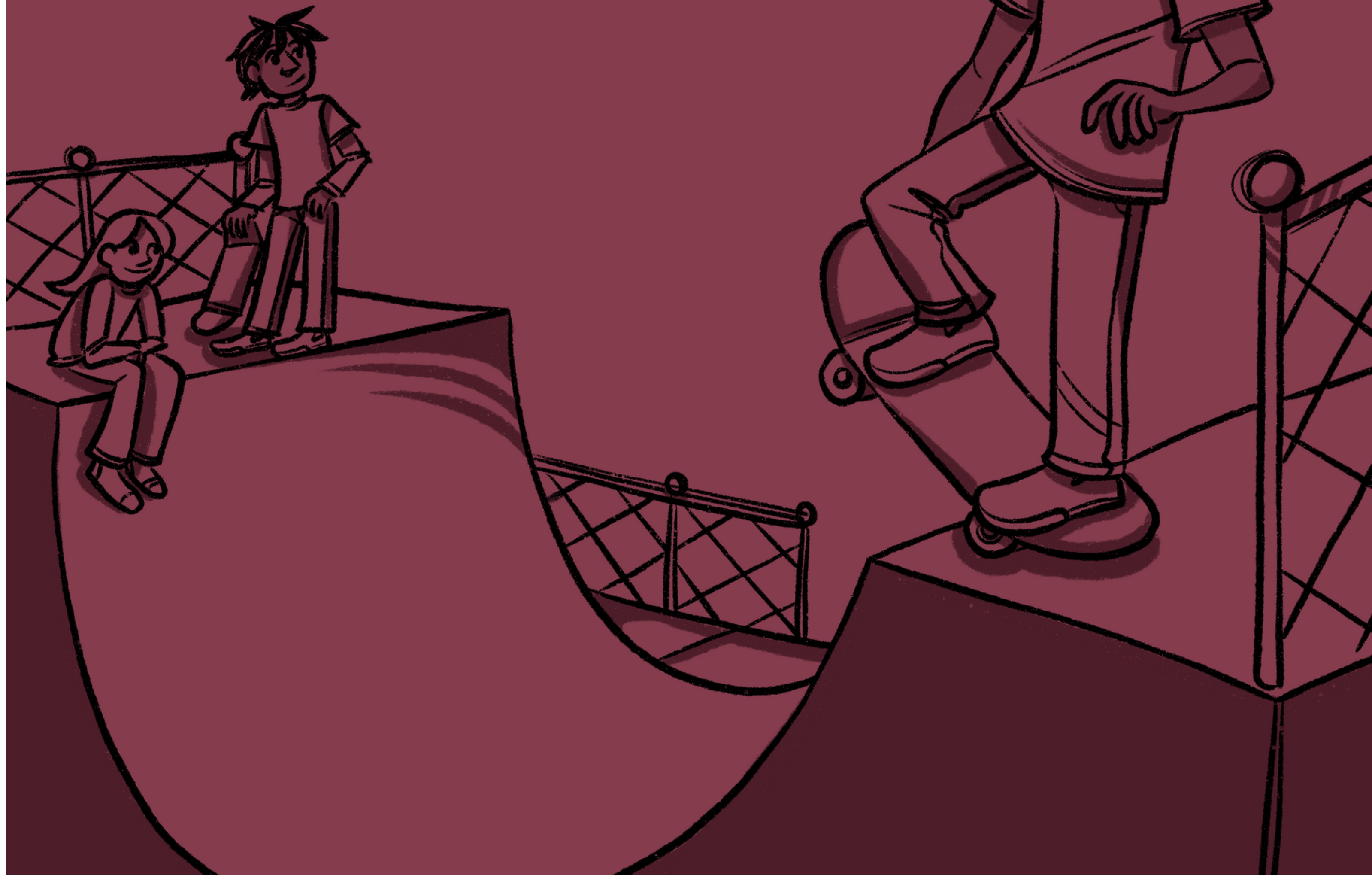


GULP

flow

Performance anxiety is a whole lot worse than simple stage fright.

It's doing something you love, but feeling a lump of stress in your throat because people are watching.

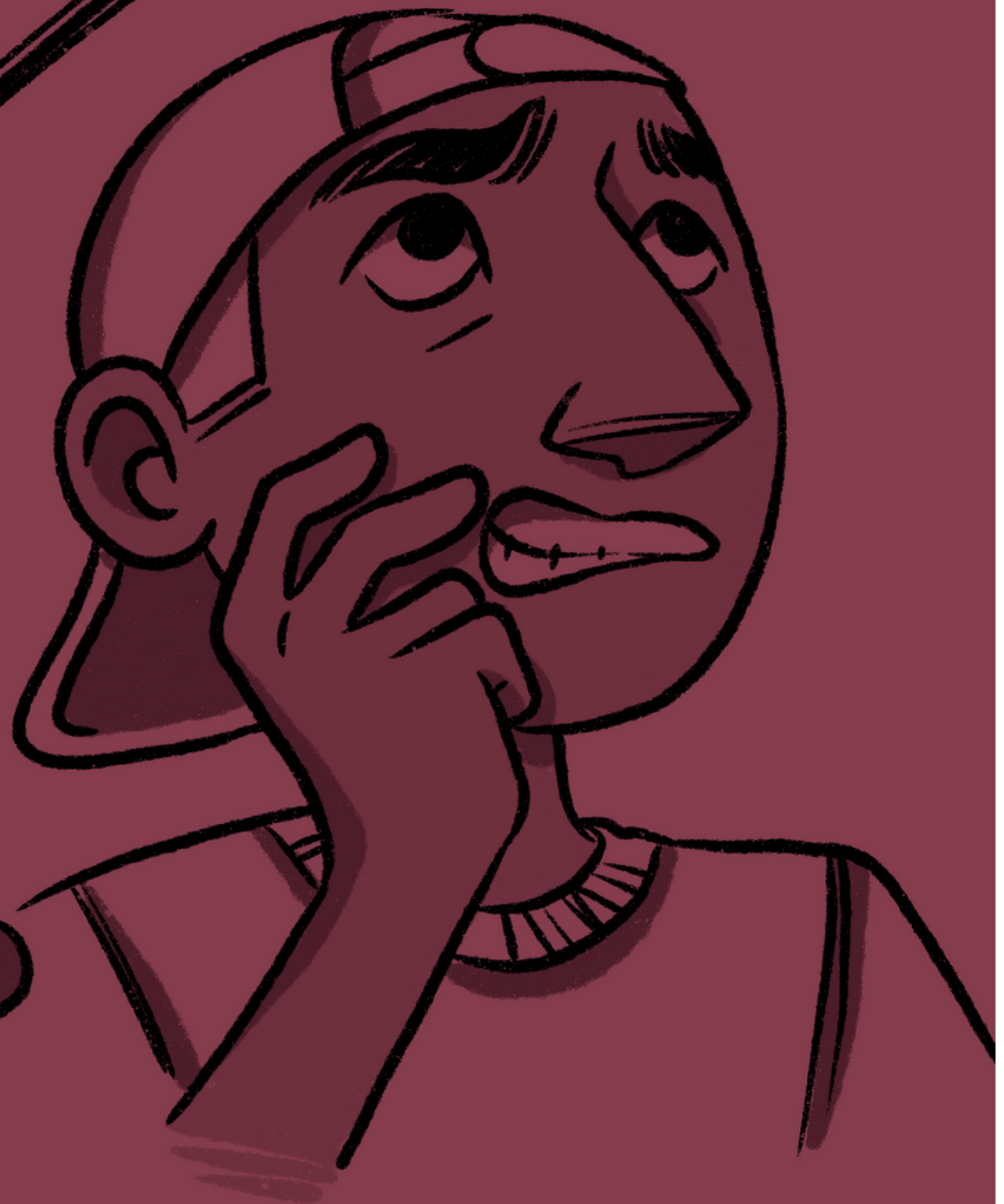


It's making a small mistake while doing a mundane task then thinking about it for the rest of the day.



ENJOY YOUR FOOD!

YOU TOO!

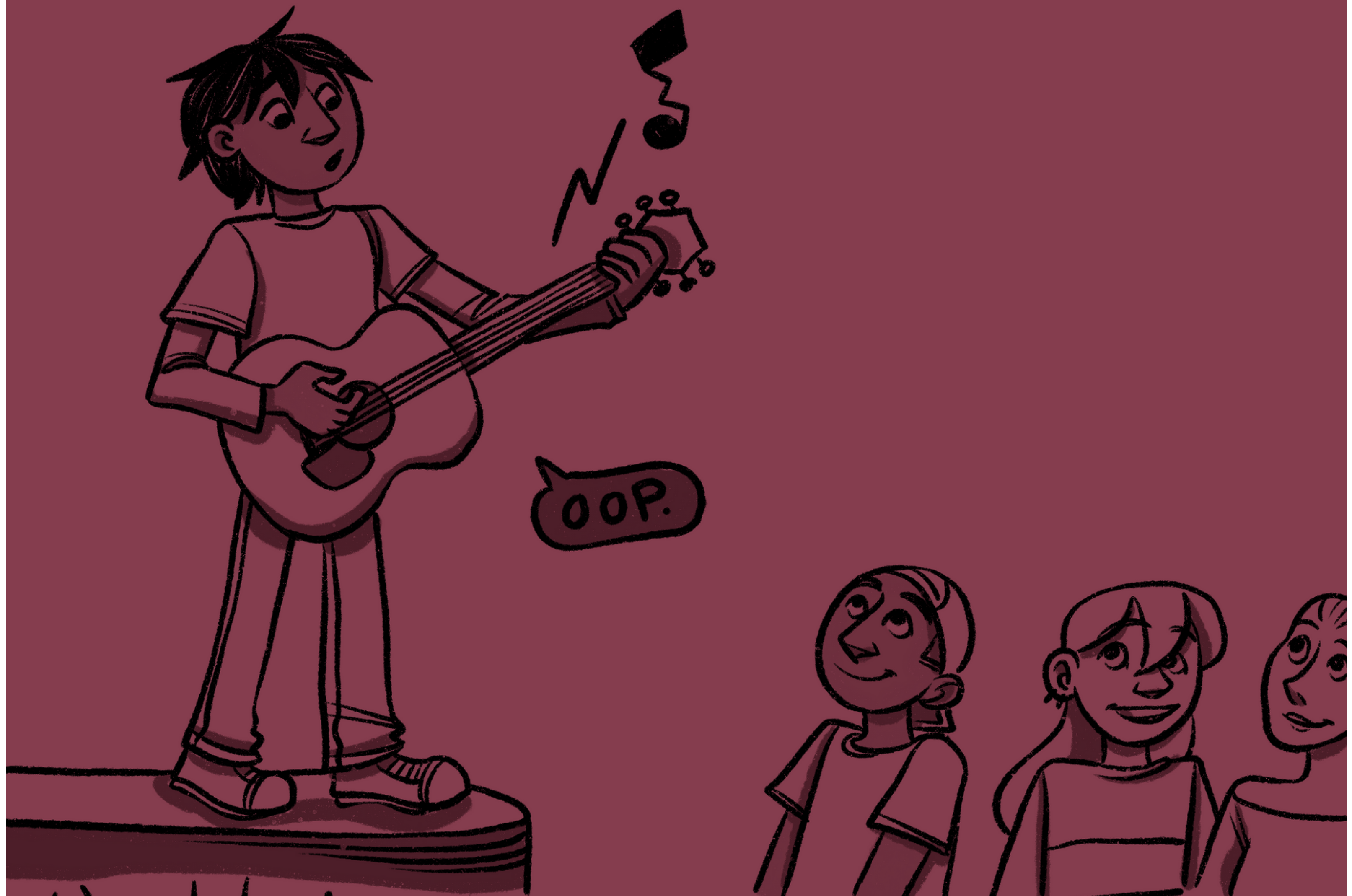


"YOU TOO"?!..



It's feeling  
the need to  
constantly feel  
like you are  
perfect,  
"OR ELSE."

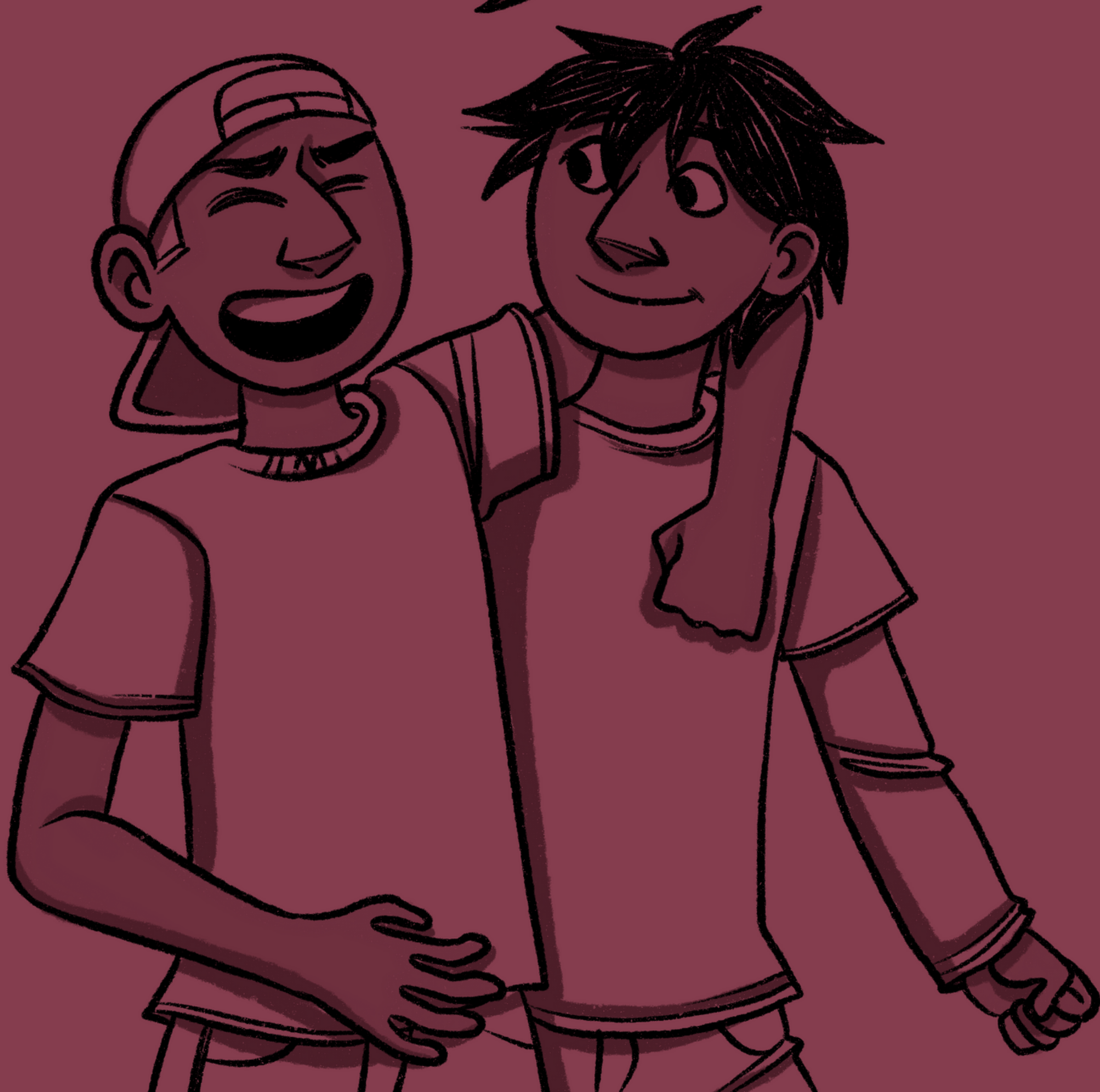
Think about it this way though:



Would you be as mean to a friend who made a small mistake as you are to yourself?

Probably not.

YOU DID SO GOOD!



The best way to fight the negative self talk that comes with performance anxiety is to start treating yourself like your own friend.

