



***How to help your performance anxiety: Prepare before the event or task. Get at least 8-10 hours of sleep. Be conscious of what you're eating and drinking. Regularly practice stress-relieving activities. Talk with a trusted adult or seek professional support.***

Marks, H. (2021, November 13). Stage Fright (Performance Anxiety). *WebMD*.



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**HUMAN  
PERFORMANCE  
PROJECT**

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