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Beat Those Nerves

Adrenaline – your body’s way of helping you when you need to do something special. Such as give a presentation or go on a job interview. Yet most of us find it to be our worst enemy. Because we don’t understand what happens to us when we become nervous. If you can pre-empt the effect adrenaline will have on you personally, you won’t feel so out of control. This has a huge impact on our comfort and confidence levels.

What happens when we get nervous?

- The body releases adrenaline, this has a physical effect on the body. Our heart rate increases, we sweat, blush, get butterflies, fidget, pace, dance on the spot, the list goes on. You need to know what you personally do! So that when it happens you have more control over it.
- We stop breathing. The first thing we do when we get nervous is hold our breath. If you were swimming and saw a shark, the fright would take your breath away. We stop breathing properly and this has its own set of fallbacks. We may stammer, forget, our bodies may feel uncomfortable.
- We tend to then find a comforter, some people rock, others move their feet around uncontrollably. Pacing and fidgeting are also common. I personally play with my hair when nervous. Others bring their teddy bear or comfort blankets on stage with them in the form of a notepad. They clutch on to it for dear life but don’t read from it once. They didn’t need it for their presentation, they needed it for comfort only.

Strategies to deal with stress and anxiety

- Relax and take deep breaths, slow down your breathing, get it rhythmical
- Remember adrenaline is causing your physical effects
- You are not nervous you are excited, change your mindset
- Identify and control your comforter, root your feet to stop movement. Pay attention not to fidget with your hair, ring, pockets, etc.

NERVES are good if we learn to control and manage them. Adrenaline helps us perform better; it is our bodies own natural stimulant. Remember Adrenaline junkies spend a fortune to get a rush.

When presenting or in an interview yours is FREE. ENJOY THE RUSH!

Dr Elmari Mulder Craig is a well-known sexologist, relationship and marital therapist, psychotherapist, public speaker, and published author

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