

# **ANXIETY AND PUBLIC SPEAKING**



**HOW SHOULD A PERSON WITH AN ANXIETY  
ISSUE TACKLE PUBLIC SPEAKING?**

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# Anxiety And Public Speaking

## Section 1



I've often observed that many people's top-ranking fear is not death but having to speak in public. The joke is that these people would rather lie in a casket at their own funeral than give the eulogy.

Public speaking for people who suffer from panic attacks or general anxiety often becomes a major source of worry, possibly weeks or even months before the speaking event is to occur.

These speaking engagements don't necessarily have to be the traditional "on a podium" events; they can be as simple as an office meeting where the individual is expected to express an opinion or give verbal feedback. Public speaking also includes virtual or online communication.

Public speaking anxiety differs slightly from the majority of people who fear public speaking. Their fear tends to revolve around going blank while speaking or feeling uncomfortable under the spotlight of their peers.

The jitters or nerves are, of course, a problem for this group as well: but they're unfamiliar with that debilitating threat, the **panic attack**, because they most likely haven't experienced one before.