

# Taming Adrenaline

Surefire Strategies for  
Overcoming Speaking Anxiety

## Video Series

Part 1: Introduction

Part 2: On-the-Spot Remedies

**Part 3: Avoiding the “Tells” of Nervousness**

Part 4: Long-term Strategies



Brought to you by Cara Hale Alter, founder of SpeechSkills and author of *The Credibility Code: How to Project Confidence and Competence When It Matters Most*. For more tips, videos, training options, and free resources, visit [speechskills.com/LeanIn](https://speechskills.com/LeanIn)

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## Part 3: Avoiding the “Tells” of Nervousness

### Key Takeaways

#### Symptoms of Nervousness

##### *(What you feel)*

- Rapid heart rate
- Dry mouth
- Butterflies or nausea
- Increased perspiration
- Clouded thinking
- Flushing
- Tense or shaking muscles

#### “Tells” of Nervousness

##### *(What you show)*

- Small posture/small voice
- Asymmetrical stance
- Hands locked down
- Facial gestures “masked”
- Self-touch
- Eyes and nose not aligned
- Tail wagging

Most symptoms of nervousness are not clearly visible to an observer—but the “tells” of nervousness are. With a little forethought and practice, the tells can be corrected so that you appear confident in spite of any anxiety you may feel.





