

Levi's Anxiety Over Public Speaking—Strategies for Physiological Reactions

Read the scenario below and create a detailed plan for regulating emotion/reactions in that situation.

Scenario: Your friend Levi is taking a public speaking class. He knows that he will be expected to speak in front of groups in the career he plans to pursue. The only problem is that Levi gets very anxious when speaking in front of a group. His palms sweat, and his mouth gets very dry. As a result, he ends up talking too fast and without emotion. Help Levi make a plan to reduce his anxiety and effectively convey his ideas to a group.

Plan for successful emotional regulation: