**The Science of Stage Fright (and how to overcome it)**

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[**https://tinyurl.com/stagefright19**](https://tinyurl.com/stagefright19)

1. **The fear from stage fright is caused by which primitive process in your brain? (1)**
   1. Fight-or-flight response
   2. Reward response
   3. Learning response
   4. Information processing
2. **Humans, social animals that we are, are wired to worry about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (1)**
3. **The fight-or-flight response is a \_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ process seen in a range of animals. (1)**
4. **Stage fright triggers which system in your body? (1)**
   1. Sympathetic nervous system
   2. Digestive system
   3. Autonomic nervous system
   4. Reward system
5. **What plays a huge role in social anxiety? (1)**
   1. Watching TV
   2. Genetics
   3. Friends
6. **What would be the best way to practice your speech? (1)**
   1. Saying your speech out loud lying in bed with cue cards
   2. Reading your speech at home
   3. Reading your speech from the computer while watching TV
   4. Saying your speech at the same place where you’ll be giving the speech with the same setup
7. **How do you trigger a relaxation response before you go on stage? (1)**
   1. Eating a donut
   2. Studying your speech
   3. Stretching your arms up and breathing deeply
   4. Playing video games
8. **Stretching your arms up and breathing deeply triggers a relaxation response. What are two other things that you could do to combat stage fright? (2)**
   1. b)