

# How to eliminate stage fear

[Psychology](#)



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BUSTER**

Standing and speaking in front of the mirror is another very useful way of dealing with stage fear.

I have experienced both pleasant and unpleasant situations, initially, I used to suffer from a lot of anxiety and the same used to take a toll on my performance but I later learned to control it and everything became fine once I learned how to get hold of myself. The pleasant experiences are aplenty, after a couple of times you tend to gain a lot of experience and it becomes smooth sailing from there.

The only advice which always works is planned well in advance and learn to get a hold of yourself, it is difficult to follow and really easy to say but there is no better advice when it comes to eliminating stage fear.