**Derisa’s Performance Experience Response**

1. **Describe how you want to experience your next performance. Imagine walking on stage: How do you want to feel physically? What kinds of thoughts do you want to be having? What emotions do you want to experience?**

During my next performance when I walk on stage I want to exude confidence from the inside out. I will be in the best of health; my thoughts will be positive and clear.

1. **How would you like to come across to your audience? What image do you want to convey through your stage entrances, exits, and bows?**

I would like to the audience to know I am confident in abilities but not arrogant of self-assertive. When I enter on stage I want the audience to grasp a sense of my personality through my demeanor and my style of playing; relaxed and easy going because I do not take myself so serious.

1. **Have you recently videotaped a performance and later watched it with a mentor to discuss your stage presence? If not, when might you be able to do this?**

Recently with the use of a video recording I have not, however my private lessons instructor and I have discussed aspects of my performance set up which includes my posture, breathing etc.

1. **How do you experience performance anxiety? Describe your specific symptoms:**
	1. **Physical**: My palm of my hands become sweaty and my entire body drops in temperature.
	2. **thought patterns (self-talk):** I stop talking to everyone around me hours in advanced because I am focusing on the performance. I mumble to myself the melody of tune and whatever “licks” I plan to incorporate into my solo.
	3. **Feelings:** A mixture of nervousness and being relaxed. I try to down play the performance and pretend that it is just me and friends playing in a classroom verses performing for audience members.
2. **Of the interventions described for handling anxiety in this chapter, which do you plan to work on?**

In the future, I plan to work on *desensitization* when it comes to handling my anxiety. My performance activity increases depending on the season. As a result, in the off months I need to schedule more performances so I can evaluate what setting works best for me and figure out how to deal with my anxiety when the stakes are taken up a notch. While doing this I can also practice my stage presence.

1. **Have you ever experienced discomfort during or after practice? What have you done as a result of feeling this discomfort?**

 Yes, I have. It is common for brass players to experience fatigue due to applying too much pressure on the lips while playing. In the past, it has caused injury to myself that resulted in me not being able to play for about a week. As a result, I always rest as much as I play to avoid future injury.

1. **How often do you take breaks during practice sessions? How long are these breaks? What do you do during these breaks?**

I try to take a break every 15 minutes. The breaks usually do not last beyond 5 minutes. During that time, I answer unread messages, do some research, or take a social media break.

1. **To help ensure a lifetime of healthy music making, what else (beyond taking breaks) can you do to help safeguard your performance health?**

To ensure that I am around long enough to make great music and have a successful career along with taking breaks during practice I need to shift some of my focus to getting enough sleep, eating right and exercise. By doing that I can improve my posture, appearance, and overall confidence.