

I was able to

Could

I feel nervous

Sound nervous

Deal with/ cope with stress

Tackle

Manage

Take chill pill

Insipid

Take a few sips

Under no circumstances can you

Babble

Expel

Expulsion

Off the top of head

Master the circumstance

Giving speeches

Over-prepare

Make it go away

From the bottom of your abdomen

Soothing

At any given time

Fountain

Singing songs out loud

**Slow yourself down**

**Good luck**