Chapter 2 Activity Activity #1: Using the Internet or YouTube, post five links below to resources you have researched that offer tips on how to reduce Public Speaking Anxiety. You must number each of your five resources; i.e. 1. 2. 3. 4. 5. Activity #2: Answer the following question. Please make sure you include the question and answer below. Question: Of the five resources you have researched, along with the suggestions from our textbook, offer five (5) actions you will take on how you will address any speech anxiety you may experience in class this semester. Please offer explanations. Do not just write down fragmented words. You must number each of your five actions; i.e. 1. 2. 3. 4. 5. Examples: I will perform breathing exercises before each speech to ensure that I get oxygen in my system, which will reduce my anxiety. The above example is better than just saying: "Breathing exercises." I will not entertain negative thoughts such as "I am going to forget my material" because I don't want to succumb to a self-fulfilling prophecy. The above example is better than just saying: "Discard negative thoughts." ------------ Your response must look like the below: (Please cut-and-paste the format below into the Comments Section after clicking Reply.) Activity #1: Using the Internet or YouTube, post five links below to resources you have researched that offer tips on how to reduce Public Speaking Anxiety. 1. 2. 3. 4. 5. Activity #2: Of the five resources you have researched, along with the suggestions from our textbook, offer five (5) actions you will take on how you will address any speech anxiety you may experience in class this semester. 1. 2. 3. 4. 5. Please use the format I sent above.