



SOCIAL ANXIETY

Social anxiety is not simply shyness. Many people are a little nervous before they meet new people or give a speech, but if you have social anxiety you worry for weeks before and may do anything to stay away from the situation. Social anxiety is characterized by overwhelming anxiety and self-consciousness in everyday social or performance situations. If you have social anxiety, your fears and worries may make daily tasks difficult to do.

You May be Experiencing:

- Fear of being visibly nervous in front of others
- Overwhelming anticipatory anxiety about social interactions and performance situations, such as speaking to a group
- Fear of not knowing what to say
- Avoiding face-to-face interactions by depending on technology
- Using alcohol or marijuana to function in social situations
- Believe people are watching you, just waiting for you to make a mistake
- Feel afraid of talking on the phone, going to work/class, using a public restroom, eating in public, etc.

Some Ways to Cope:

- Practice Self-care and Self-compassion
- Talk to a safe support person such as a friend, family member, medical provider, or counselor
- Learn more about social anxiety. Many people struggle with social situations.
- Experiment with trying one, small social change (ex. Take a different route to class)
- Connect with others who experience social anxiety in-person or online
- Say “Hello” to one new person & congratulate yourself on trying something new
- Think about how you talk to yourself- is it reasonable, accurate, and helpful?
- Embrace campus resources and communal supports
- Explore meditation and mental health apps
- **Get Connected.** Contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available.