How To Beat
Social Anxiety

Do not suppress your anxiety -- feel it and release it

It may be tempting to ignore your anxiety, but it will still find its way back. Instead, feel the anxiety and release it, perhaps through activities like sprinting, dancing or shouting by yourself.

Be okay with rejection

Even if people reject you, is it really the end of the world? Or does life go on? The truth is that even if someone does reject you, you can still find people who who accept you.

Try telling yourself, "It's not that bad because..."

For example, "Yes, I stuttered, but it's not that bad because the rest of the speech was good and I made them laugh too! So it's not as bad as I think."

Remember that you are your own worst critic

People usually don't see you as poorly as you do yourself -- they probably don't even care because they're so focused on their own problems!

Just do it instead of avoiding it!

It is tempting to avoid fears like social interactions or performances. However, doing so only teaches your brain that avoidance is the right way. Only through doing it will you realize it's not as bad as it seems and beat it for good.

Focus on the present and resist the urge to contemplate

Enjoy the moment instead of thinking about yourself or your impression. Try focusing 100% on task such as listening fully to the other person and knowing more about them.

Try relaxation techniques before social situations

Also known as <u>systematic desensitization</u>, this involves relaxation methods e.g. deep breathing whilst thinking of a scary social situation, calming you down. As you get better you can do this before real situations too.