Hello and Assalamulaikum my name is Zayna Farhan and ill be talking about 2 major mental health conditions: social anxiety and PTSD. Ill also be talking about the influence of cultural norms on childhood trauma.

Before everything it is imperative that we understand what exactly is meant social anxiety refers to the extensive fear of socialising and the fear of being judged negatively.

The major causes of social anxiety include:

* Toxic family dynamics
* Abuse
* Neglect from parents
* Bullying from pears at school
* Embarrassing events in public

Symptoms caused by social anxiety include

* Feeling self conscious
* Sweating shaking
* Fumbling over words
* Feeling unsecure in large settings

Trigger of social anxiety include

* Speaking in public
* Being the centre of attention
* Meeting new people

PTSD is defined as severe anxiety disorder caused that stem from past traumatic events

Though PTSD and social anxiety have some similarities the root cause behind PTSD and social anxiety

PTSD is usually caused by physical attributes such as abuse harassment assault or other life-threatening incidents

It causes symptoms like flashbacks nightmares intrusive memories and disconnection from the world for the victim

To truly understand the influence of childhood trauma on these mental conditions we look at following statistics. according to the national institute of mental health around 12% people in USA experience social anxiety. Another research shows that about 56% cases of social anxiety are caused by and 39% due to neglect moreover 36% kids diagnosed with PTSD have a history of traumatic experiences.

These traumatic incidents can create a ripple effect leading to more prominent symptoms as a person grows this it is necessary to deal with these issues also on a cultural level

Culture plays an important role in the development of a person’s identity and also plays a pivotal role in how people perceive with childhood trauma how they deal with childhood trauma.

Cultural norms id defined as the shared belief, values, behaviour and expectations that guide individuals within a society

Due to the fact that culture plays a prominent role in a person’s life it is important to discus certain toxic cultural norms which lead to either the downplay of childhood trauma or are the cause of it

They include

* Purity culture: cultural norms like purity culture difficult for kids who have experienced sexual assault to speak up due to the fear of being misjudged.
* Normalization and unacceptance of mental health issues: in many cultures mental health isn’t given the same level importance as physical health
* Classism: due to classist ideologies kids who belong to poor backgrounds often feel helpless due to their life conditions and often are shamed due to their background

These norms play a significant role in the cause of childhood trauma which often leads to physical and nonphysical health conditions which will be discussed in further detail by Horain tahir.