Social Anxiety

Mae Piringa Tangata

- Information about Social Anxiety and tips for empowering yourself and reassuring others.
- Use this knowledge as a starting point to move forward on your own journey.



Anxiety NZ
HERE FOR YOU

Creating a thriving & resilient Aotearoa, NZ.

What is Social Anxiety?

Social anxiety occurs when individuals experience overwbelming self-consciousness aid fear of judgment in social settings.

Common situations

1. Being the centre of attention
2. Talking to people in charge;
3. Engaging in public speaking
4. Going to partes, social events, malls, or supermarket,
6. Doing everyday things like eating or drinking when someone could be watching.

It's normal to feel a little nervous in these situations at first, but if you have social anxiety, even thinking about social situations can be really overwhelming.

What can I do about it?

Therapy can be beneficial for social anxiety. Here are some things you might work on with a therapist:

1. **Understanding your social anxiety - the thoughts that make you anxious, your physical reactions, and the ways you maintain your anxiety.**
2. **Learning how to challenge your thoughts, or hold thems differently.**
3. **Learning how to manage stress and your physical symptoms.**
4. **Gradually exposing yourself to situations you've typiraly avoided.**
5. **Self-care - sleep, good kai, and exercise**

Remember to try:

Self-compassion and patience, going to places you currently avoid, even if briefly, deep breathing and relaxing your muscles; frequently, meeting up with people you feel most comfortable around.

Helping someone with Anxiety?

Do:

1. Take time to listen and show that you care
2. Understand what they're going through and let them know their feelings are valid
3. Remind them you're there for them and want to help in any way you can can
1. If they need more support, encourage them to talk to a professional

Don't:

1. Don't make things worse ty helping them avoid situations that make them anxious
3. Don't force them to face their before to they're ready
4. Don't be judgmental or critical
5. Don't jump right into giving advice - just listen and be there for them

As you start to work on this, you may find increased relavation within social settings and your confidence in engaging with others will grow.

Mindfulness exercise

Take 10 deep breaths (4-2-6)

1. Bring your awareness to your breathing;
2. Breathe in deeply through your nose for a count of four;
3. Hold that breath for a count of two,
4. Slowly breathe out for the count of six,
5. Notice your belly rise and fall with each breath,
6. Relax and drop your shoulders on each breath out,
7. Slowly Repeat this breathing cycle 10 times.

Don't forget!

Feeling like you're the only one who gets super nervous in social situations?

Social anxiety is very common, particularly in transition periods like moving away for study, a new workplace, or a new social circle. Knowing this can help you feel more positive and proactive to take steps to reach your goals.

Get Support

Free 24/7 Helpline: 0800 269 438
Are you feeling stressed or anxious? Give us a call 0800 ANXIETY (0800 269 4389)

More resources at anxiety.org.nz

Learn more about therapy at anxiety.org.nz/services

Anxiety NZ
HERE FOR YOU