

5 Ways To Tackle Social Anxiety

Social anxiety is a difficult beast to tame. It can pop up at the most unexpected times and can cause you unnecessary worry and stress. There's no need to let it win. You can create your path and find ways to tackle

it so you can take control of your life.

Some of these tips may help you to identify the causes of your social anxiety and help you understand how to deal with it when it occurs.

How To Tackle Social Anxiety:

1. **Talk to people.** If you tell people exactly how you're feeling, chances

are they will be more than willing to help you. There can be

comfort in knowing that other people are supporting you.

- ◆ **Discuss your social anxiety with friends and family.** Tell them exactly what bothers you and express your feelings.
- ◆ They may end up having some coping mechanisms that they can share with you, or they may have been through something similar but they just haven't spoken to you about it yet.
- ◆ You can support each other, working out your triggers and identifying how to create coping strategies when things get overwhelming.

2. **Make a list of concerns.** Sometimes, something as simple as writing your thoughts down can help to understand what you are thinking and feeling. If you have concerns, grab a journal and write down just what it might be that triggers your social anxiety.

- ◆ You might not have all the answers, but don't worry too much about that. **All you need to do is identify where there may be patterns or trends in your anxiety.**
- ◆ Consider if any situations automatically make you feel uneasy and uncomfortable and work from there.

◆ By writing down some potential triggers, you can clarify your thoughts and even start to consider some potential solutions. By being calm and rational, you will be able to start feeling more in control.

3. **Safety in numbers.** If you are attending a social event, why not consider going with a friend? If you are going to a party or a gathering, consider asking the host if you may bring a friend.

◆ This will likely make you feel more at ease as you'll have someone to connect with. If invites aren't needed, then bring a friend anyway to calm

yourself and make yourself feel better!

4. **Be honest.** It's best not to deny your social anxiety, but to accept it and try to understand how to work with it.

◆ **If you hide it, you'll only get more worked up and anxious, and other people may not understand your behavior or be able to support you.**

◆ There is no shame in asking for help and finding resources and solutions that work for you. There is no need to suffer in silence and just being honest may help you make progress.

5. **Have a backup plan.**
Sometimes a backup plan can work wonders for your mental health.

- ◆ If you're going to a gathering or a party, have a plan for how you can get home if you need to. Know your exit strategy and how you can remove yourself from the situation quickly.
- ◆ You probably won't need to use this

strategy, but just having a plan in the back of your mind can give you peace of mind.

Remember, social anxiety is common and it's nothing to be ashamed of. Just take some time to remind yourself that *you* control your anxiety and it does not control you!