

# What is social anxiety?

Social anxiety is fear of judgment or scrutiny in social situations. It can lead to avoidance and distress.

Even the most casual social interactions can leave you trembling, dizzy and afraid of criticism or rejection.



# Emotional signs of social anxiety

- Excessive self-consciousness in front of others
- Intense worry for days, weeks or even months before an upcoming social situation
- Feeling your mind “go blank” and not knowing what to say
- Feeling worried about other peoples’ judgement or rejection
- Avoiding crowded places



# Physical signs of social anxiety

- Getting red-faced or blushing
- Racing heart or tightness in your chest
- Upset stomach
- Trembling or shaking (including a shaky voice)
- Nausea or butterflies in your stomach
- Shortness of breath
- Sweating or hot flashes
- Feeling dizzy or faint



# Ways to overcome social anxiety

- Practice deep breathing
- Don't use alcohol or recreational drugs
- If you take medication for your social anxiety, be sure to take it regularly
- Reach out to family and friends for support



# Ways to overcome social anxiety

- Talk with a therapist
- Challenge negative thoughts
- Start with small social interactions then gradually expose yourself to feared situations
- Focus on listening, try not to think about yourself



# Social anxiety is common and treatable. You are not alone.



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