



WHAT TO DO WHEN...

YOU ARE

FEELING ANXIOUS  
ABOUT SOCIAL  
SITUATIONS



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## NOTICE WHAT YOU THINK, FEEL AND DO IN A SOCIAL SITUATION

1. People who feel socially anxious might **have thoughts that they're being judged** by others (e.g., 'I sound really stupid')
2. **Recognising these thoughts** can be the **first step to breaking the social anxiety cycle**
3. **It can take time** to work out what we think and feel when we're socially anxious – **that's okay; keep going!**



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## FOCUS ON WHAT IS GOING ON AROUND YOU

1. When people are feeling socially anxious, they tend to **focus too much on their thoughts and how they feel physically**
2. Instead, **pay more attention to what other people are saying** and doing; or focus on the world around you
3. By doing this, **you might notice how people *actually* react to you!**



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## IDENTIFY ANY 'SAFETY BEHAVIOURS'

1. Safety behaviours are **things you do because you believe they will keep you safe from judgement** (e.g., not making eye contact)
2. These might make social situations feel more manageable in the moment, but **can make social anxiety worse in the long term**
3. They **stop you from learning new things about your fears** so it's important that you can **identify when you use them**



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## DISCOVER HOW YOU REALLY COME ACROSS

1. **Try out a couple of social situations** that make you feel a bit anxious, and **do them without your safety behaviours**
2. Afterwards, **reflect on how it went** – how did it compare to what you worried would happen? Did you learn anything?
3. By testing out these situations, **you will start to discover how you really come across!**



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## INSTEAD OF GOING OVER A SITUATION IN YOUR HEAD, DISTRACT YOURSELF

- 1. It can be easy to go over social situations in your head afterwards, and to focus on the things that went ‘badly’**
- 2. Try and do a different activity** that focuses your mind on something more enjoyable (e.g., reading, gaming, TV)
- 3. This can help you not to overthink what happened** or think about it in a negative way



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IF SOCIAL ANXIETY IS CAUSING YOU TO STRUGGLE SO MUCH THAT IT IS GETTING IN THE WAY OF YOUR LIFE, IT IS IMPORTANT TO SEEK HELP

1. You could **talk** to a family member, a trusted friend or to someone at school
2. Another option is to talk to a health professional, like your GP
3. **More information** on sources of support, and other useful resources, can be found here:

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

