



# FEELING ANXIOUS ABOUT SOCIAL SITUATIONS



Hey!

Do you wanna hang out later?

I'm meeting up with some friends and  
thought you might wanna come too

Sounds fun

But I don't think I can

Why not?

Whenever I'm around people I get worried  
I'll sound stupid or do something wrong

But has that ever actually happened?

Idk

No one's ever pointed anything out

But they might be thinking it

They're probably not you know



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Next time you're hanging out with people, try and get out of your own head

It's so hard though

All I can do is think about how anxious I am

And then I start getting too hot and embarrassed and it just gets worse and worse 😞

I'm sorry that sounds really stressful

If it helps, I've never noticed you look anxious when we hang out

It's much more noticeable to you than to anyone else

Idk I'm always so worried about myself I don't even notice what everyone else is doing

Well if you come this aft you could try it out?





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Wdym?

You could try and really focus on other people and things going on around you

How would that help though?

You might notice how people actually react to you!

It's like an experiment – you think everyone is judging you so let's try and see how people are actually responding

That sounds quite scary tbh

I think I'll just stay at home lol

It's up to you obviously

But I think that's a safety behaviour

What's that?

It's when people who are anxious about something do things they think will keep them safe from judgement



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Like how instead of going out with people I might stay home?

Yeah or if you avoid eye contact or plan what you're gonna say in advance

Yeah I do that

The thing is, they don't help you

Bc it stops you from learning that people don't respond to you how you worry that they do

Yeah and I hate missing out on social things just bc I'm anxious

But even if I do hang out with people, afterwards is always horrible

Bc all I do is go over and over everything that happened in my head

Have you tried doing something to distract yourself after?

You could try reading or playing games or watching TV





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Idk

I just get so overwhelmed

Have you spoken to anyone about this?

Seems like it really affects you

No

Up to you

But you could ask a friend, family member, school staff, or GP

I'll think about it

You can also look here...

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

Okay... I'll take a look

Thanks

No problem 😊