

HOW TO DEAL WITH SOCIAL ANXIETY

- I. INTERACTIVE LECTURE.**
- II. DISCUSSION QUESTIONS**
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I. INTERACTIVE LECTURE.

- These 7 points provide practical tips for young people dealing with social anxiety.
- They offer manageable strategies to help navigate social situations more comfortably.

1. Positive Self-Talk:

- Remind yourself of your strengths and positive qualities.
- Practice saying encouraging things to yourself before social situations.

2. Deep Breathing Techniques:

- When feeling anxious, take slow, deep breaths to calm your body.
- Focus on your breath to help redirect your attention away from anxious thoughts.

3. Gradual Exposure:

- Start with small, manageable social situations.
- Gradually expose yourself to larger groups or more challenging scenarios over time.

4. Preparation and Practice:

- Prepare for social situations by thinking about topics of conversation or questions to ask.
- Practice these scenarios with a friend or family member to build confidence.

5. Focus on Others:

- Shift your focus away from yourself by actively listening to others.
- Ask open-ended questions to keep conversations flowing and take the pressure off yourself.

6. Mindfulness Techniques:

- Practice mindfulness to stay present in the moment.
- Pay attention to your senses and surroundings, grounding yourself in the here and now.

7. Seek Support:

- Talk to someone you trust about your social anxiety.
- Consider reaching out to a teacher, school counselor, or mental health professional for guidance and support.

II. DISCUSSION QUESTIONS

- Can you share a specific situation where you felt socially anxious?
- Are there particular situations or types of social interactions that trigger your anxiety?
- What positive statements or affirmations could you use to boost your confidence in social settings?
- Have you tried any breathing techniques to manage anxiety? How do they work for you?
- How do you prepare for social situations that make you anxious?
- Can you think of a small step you could take to face social anxiety in a gradual way?

- Who are the people you feel most comfortable talking to about your social anxiety?
- Have you tried mindfulness exercises to stay present in social situations?
- Can you recall a time when you successfully navigated a social situation that made you anxious?
- How can celebrating small victories contribute to building your confidence?
- What might happen if you approach social interactions with a mindset of learning rather than perfection?

III. RESPONDING TO QUOTES

- “You don’t have to be perfect to be amazing”
- “Believe you can and you’re halfway there” – Theodore Roosevelt
- “Don’t let yesterday take up too much of today” – Will Rogers
- “You are stronger than you think, braver than you believe, and smarter than you know” – A.A. Milne
- “Every moment is a fresh beginning” – T.S. Eliot

- “The only person you should try to be better than is the person you were yesterday”
- “You are enough just as you are”
- “Inhale courage, exhale fear”
- “The most beautiful thing you can wear is confidence”
- “Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle”

IV. VIDEO AND FOLLOW-UP QUESTIONS

- Watch these videos and write down what you think is important.
- **Symptoms and Strategies for Social Anxiety in Children and Teens** <https://www.youtube.com/watch?v=ypHzXOcUQwE>
- **5 Ways to Deal with Social Anxiety on Your Own** <https://www.youtube.com/watch?v=dhYF3AqVhgU>
- **The Key To Dealing With Social Anxiety** <https://www.youtube.com/watch?v=XIrQKo-d7h4>

V. SUMMARY AND TAKEAWAYS

There are manageable strategies that can help you navigate social situations more comfortably. They include:

1. Positive Self-Talk.
2. Deep Breathing Techniques.
3. Gradual Exposure.
4. Preparation and Practice.
5. Focus on Others.
6. Mindfulness Techniques.
7. Seek Support.

Try all of them and see which work best for you.