

**DEALING WITH
SOCIAL ANXIETY
TIPS REPORT**

*This report includes powerful tips related to **dealing with social anxiety**.*

*It also includes 3 actionable steps you can take **right away** and a list of suggested reading for those people who are looking for even **more information**.*

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TOP TIPS

When someone is afflicted with social anxiety, it can be a crippling condition. These people tend to avoid social situations. That means they won't live life to the fullest. They will miss out on opportunities that others take for granted.

These tips are meant to help you learn a bit more about the condition. However, it's important to note that medical advice will not be given here.

1. Think about a time when social anxiety was not a problem.

At some point in your life, it's likely that you did not have social anxiety. You were able to function well in social settings and had no trouble talking to people. If you can think back to that time, you can try and search for reasons why your life is different now.

2. If your social anxiety is extreme, consider getting professional help.

Medical practitioners believe that social anxiety is treatable. The health website for the United States government states that it is something that people can get help for and should be able to recover from it if they decide to go the medical route.

3. It's more common than you think.

Many people have learned to disguise their social anxiety. But, deep down, they dread being at a social event. Lots of people can't wait for social engagements to be over. Therefore, don't feel like you are the only one who is suffering. If you feel out of place, it is quite likely others do as well.

4. Consider joining clubs or groups.

The groups you join can be support groups on getting over social anxiety, or they can be social type of groups that you have wanted to join. The key is to

get out there and practice being with other people. The more you do it, the easier it gets.

5. Have a friend go with you to events.

If you dread social events, consider taking a friend or two along. You may not be allowed to do this at work, but at events outside of work, it's often no problem. While this may help you in the short-term, try to limit the number of times you do this. You want to be comfortable without having your friends at events as well.

6. You can experience anxiety on social media, too.

People like the anonymity of connecting on social media. However, at a certain point, you may be asked to reveal your true self for any number of reasons. When that happens, it's just as nerve-wracking to be on social as it is to be at an actual social event. Try to focus on your own profile, and not worry about how carefree everyone else may seem.

7. Don't Give Up.

If your social anxiety is so bad that you are missing important work events, or your dating/social life is suffering you may have a real problem. Don't just assume this is how your life must be. Reach out to friends, family or a medical professional to figure out ways you can deal with (and eventually thrive in) social settings.

ACTIONABLE STEPS

1	2	3
<p>Join a group of your choosing and commit to going to meetings and events at least once-per-month. If they have meetings more frequently, commit to going to them. Volunteer for jobs in the group which will help you break out of your shell.</p>	<p>Learn relaxation techniques like Yoga and meditation. Take a class in either. Often, these classes will offer both disciplines. Make sure you practice when you are not attending class.</p>	<p>Start and keep an anxiety journal. Any event or meeting where you feel anxious, write it down in your journal. Over time, this may help you understand the root cause of your anxiety.</p>

FURTHER READING

1. How to Talk to Anyone

<https://www.amazon.com/How-Talk-Anyone-Success-Relationships/dp/007141858X/>

2. The Anxiety and Worry Workbook

<https://www.amazon.com/Anxiety-Worry-Workbook-Cognitive-Behavioral/dp/160623918X/>

3. The Solution To Social Anxiety

<https://www.amazon.com/Solution-Social-Anxiety-Break-Shyness/dp/0988979802/>

4. How to Be Yourself

<https://www.amazon.com/How-Be-Yourself-Critic-Anxiety-ebook/dp/B074ZPCH67/>

5. Thriving with Social Anxiety

<https://www.amazon.com/Thriving-Social-Anxiety-Strategies-Self-Confidence/dp/1623156238/>

NOTE:

At Wellness & Coaching Co, we have designed a program specifically designed for any kind of Anxiety.

[Https://www.wellnesscoachingco.com](https://www.wellnesscoachingco.com)