

## *Helpful Guides*

# Tips on dealing with **social anxiety**

When social situations make you anxious, it can be challenging to get out and do things that make you happy. Thankfully, there are ways in which you can deal with social anxiety and work to overcome it.



**Many people find socialising tough, but sometimes this can spill over into social anxiety. You may have social anxiety if you regularly feel anxious or panicky in social situations, potentially to the point where you need to leave. It can be intrusive into your life and cause problems in your social life and work.**

Thankfully, there are ways in which you can deal with social anxiety and work to overcome it.

## See how the Fircroft Trust can help you in other ways...

Visit [thefircrofttrust.org](https://thefircrofttrust.org) and see how our Specialist Services can benefit you.

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### **1. Find support**

When social situations make you anxious, it can be challenging to get out and do things that make you happy. The first thing to do for dealing with social anxiety is to seek support. One of the easiest ways of regularly doing this is to take a trusted friend or family member with you when you go out. If they are comfortable doing so, your companion can help you to navigate social interactions like ordering food and meeting new people.

It's also a good idea to seek professional support in time if you feel you need to. Going without this professional support may not be beneficial to you or your loved ones in the long term. However, help from friends and family is often more accessible.

### **2. Move slowly**

Like any problem, dealing with social anxiety isn't an overnight fix. You may also find that certain situations make your anxiety better or worse. Moving slowly by taking small steps towards your goal will help when it comes to putting yourself in new or unfamiliar situations. Conversely, trying to progress too quickly can ultimately result in exhaustion, falling backwards and aggravating your feelings of social anxiety.

### **3. Be kind to yourself**

Accept that your anxiety may be worse in different situations. Recognising this and being okay with it is the best way to avoid beating yourself up when you're unable to deal with your anxiety. In the long run, understanding your mental health and progress will help you avoid setbacks and worsening your anxiety.

### **4. Bring along home comforts**

Similar to a trusted friend or family member, a comfort item is a great way to stay calm in social situations. Anxiety tricks your brain into thinking that you're in a dangerous or uncomfortable position when you aren't, so having an item that you associate with being safe and comfortable helps to combat these worries.

Sometimes social anxiety can get too much. If you're struggling with this, feel free to reach out to the Fircroft Trust for more information on how to look after your mental health and wellbeing.