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WAYS TO DEAL WITH SOCIAL ANXIETY

TRY A NEW IDEA FOR DEALING WITH ANXIETY BEFORE OR DURING SOCIAL ENGAGEMENTS!



1 Listen to fun and happy music that puts you in a good mood!

2 Drink hot tea to make you feel warm and relaxed!

3 Focus on your breathing and take big, deep breaths.

4 Anxiety can cause nausea, so bring a water bottle with you.

5 Use the bathroom and take a few minutes to calm your mind

6 Count or say the alphabet backwards to distract from stress

7 Confide in a friend about your anxiety. Being open reduces shame and allows others love the real you

8 Play with a small, non-distracting fidget

9 Inform your community leader that you are having a stressful day so if you need to leave the room, they are aware

10 Carry an anti-stress essential oil roll that helps calm your nerves

11 Assess if your anxiety is stunting your ability to complete work. If it is, talk to your counselor!