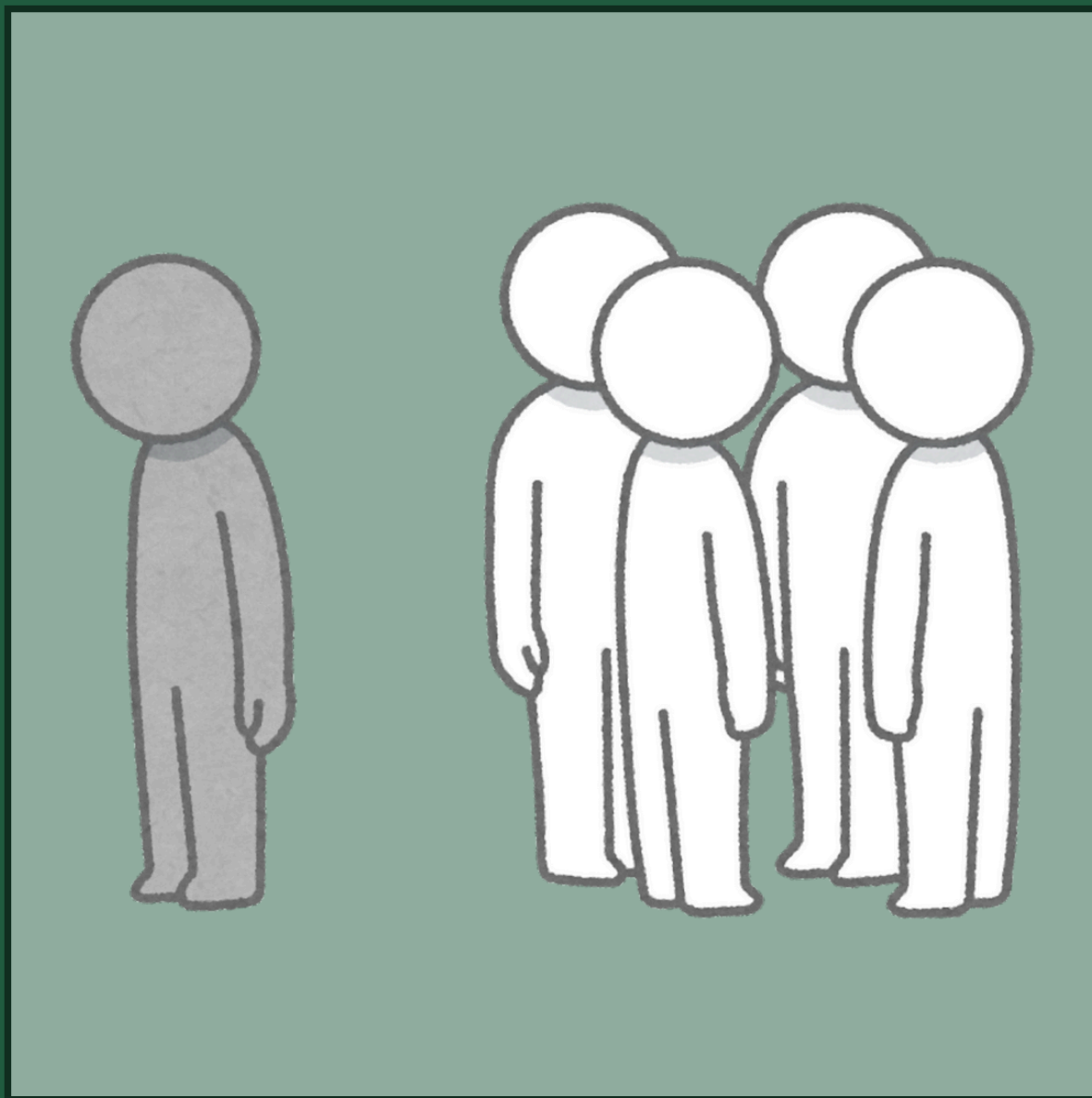


What is Social Anxiety?



Social Anxiety is feeling self-conscious around new people and in new situations

"Everyone can tell how nervous I am."



Social Anxiety is the fear of making a mistake in public and being judged for it

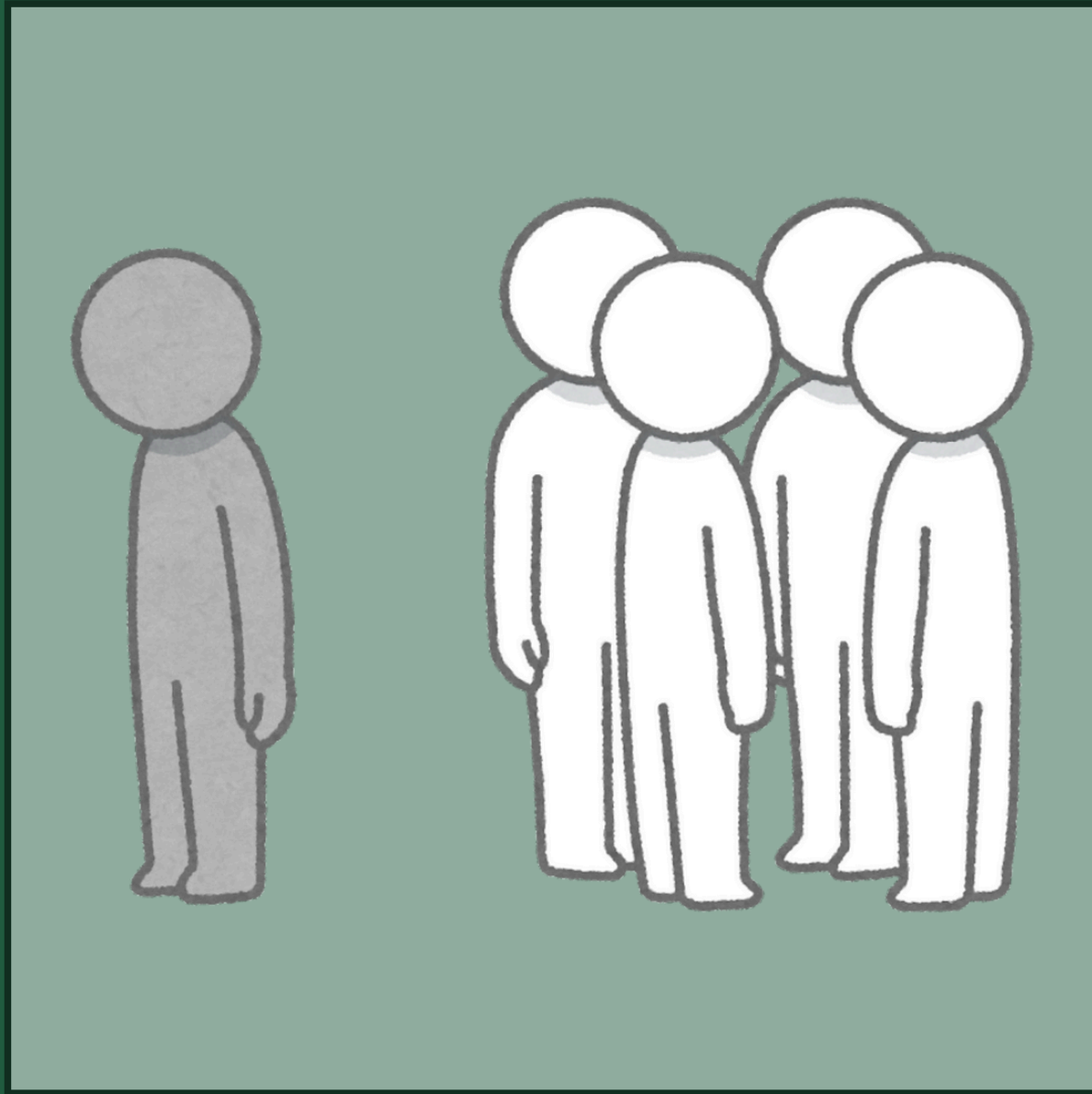
"What if I'm not doing this right? Does everyone think I'm weird?"



Social Anxiety keeps us from meeting new people and trying new things

"I'll stay by myself, others will just judge me."

Tips to Support with Social Anxiety



Tip: If someone is feeling self-conscious

You can help by taking them outside and helping them take deep breaths



Tip: If someone is afraid of making a mistake in public

Reassure them and letting them know it is okay to make a mistake



Tip: If someone thinks others are judging them

Distract them to keep their mind off of what others are thinking