

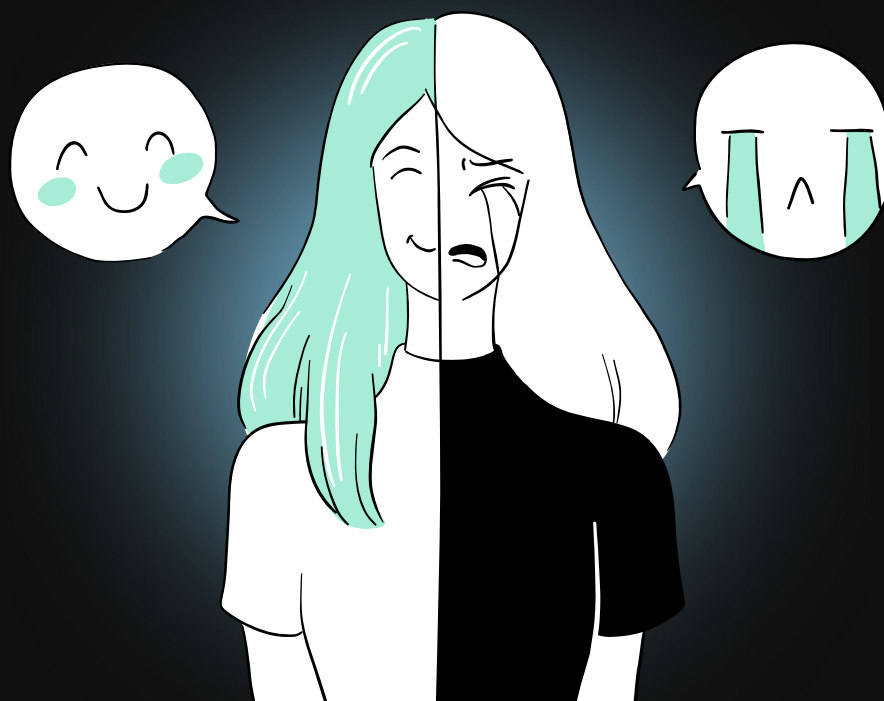
# Social anxiety at work getting to you?

We're here to help.



# What does social anxiety at work look like?

- Difficulty in performing tasks that involve interactions like a presentation
- Discomfort in conversing with co-workers
- Inability to reach out to supervisors for help
- Panic attack before a business meeting
- Avoiding non-compulsory social functions at work
- Intimidated by 1-1 conversations like job interviews



# Understand why social anxiety occurs.

Anxiety occurs from the fear of dealing with social situations where a person is exposed to a large number, or an unfamiliar set of people.

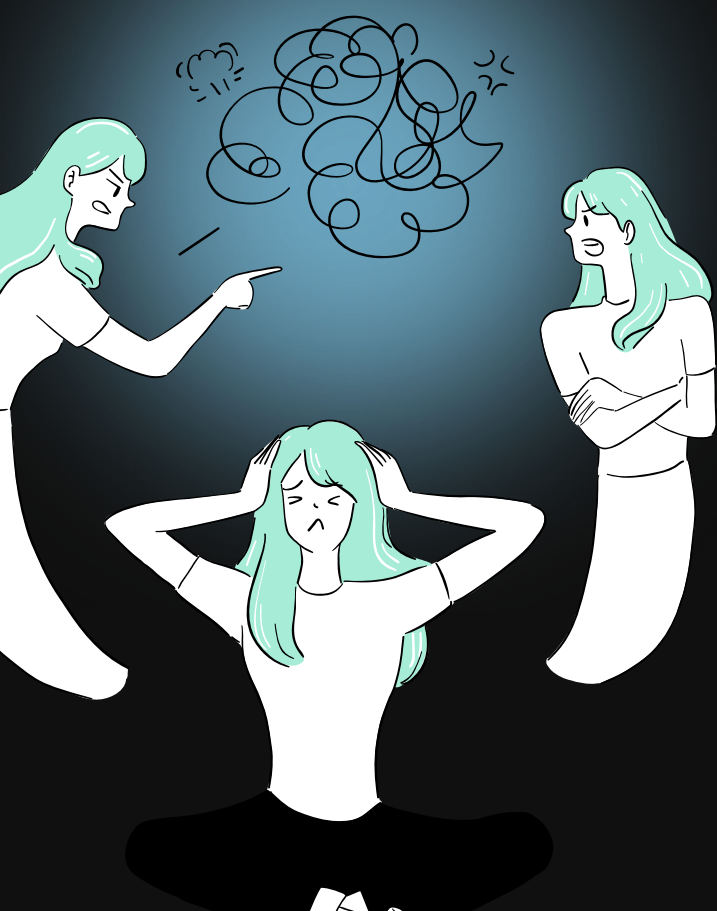
Situations like this could trigger irrational and negative thoughts causing one to feel socially anxious.



# Simple exercises to stay calm.

## Practice.

Don't attempt to wing a speech or presentation just because you are familiar with the subject. Practice what you want to say, how would you deliver it, and envision a crowd to help stay prepared.



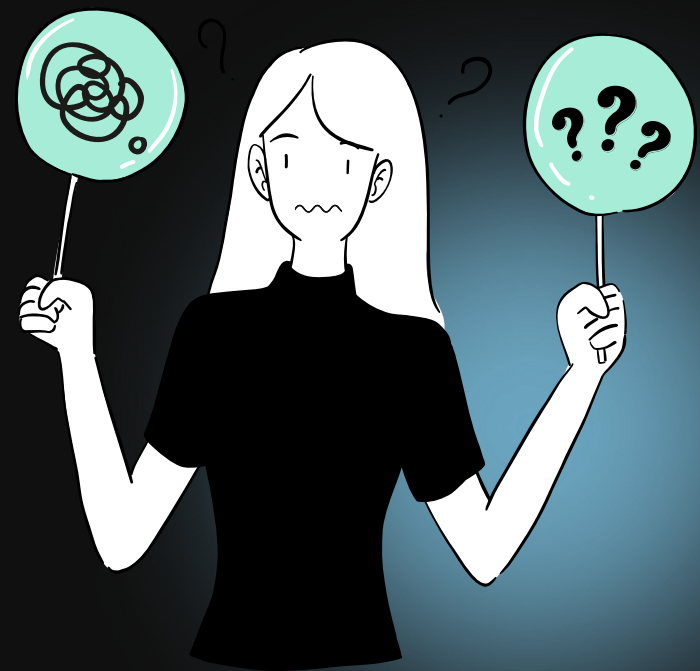
## Do a self-pep-talk.

Give yourself strong positive affirmations to curb any negative thoughts that may trigger your anxiety. Don't let your inner critic make you feel like you're the problem in this situation.

# Simple exercises to stay calm.

## Divert your focus.

When you find yourself in an uncomfortable situation, focus your attention elsewhere to replace the anxious thoughts.



## You're not alone.

It's common to feel that you are in this by yourself. Keep in mind that a lot of people are sailing in the same boat as you. Talking openly about your feelings can help you feel lighter.

# Wellbeing on the Web

offers services that help fight challenges faced by employees in their day-to-day working life. We help your colleagues deal with social anxiety at work.

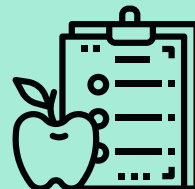
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