

Socializing tips for those with social anxiety



Plan ahead

Prepare conversation topics in advance. This will help you carry the conversation forward and tide over the awkward pauses.



Act confident

Take deep breaths to relax and to keep anxiety at bay. Even if you feel nervous act self-assured; this will help you relax and make you feel more confident.



Shutdown negative thoughts

Stop self-critiquing and thinking of all the things that could go wrong. Instead, focus on the positives.



Celebrate your success

Give yourself credit for making the effort to socialize. Remember that getting out of your comfort zone is a commendable achievement.



Practise

Take small steps every day to get over your apprehension. Talk, smile and make eye contact with people you meet to make socializing less intimidating.



Give it time

Don't exit conversations as soon as you start feeling anxious. Stay positive and give yourself time to adjust to the surroundings and try to make yourself more comfortable.



Talk to a therapist

If the nervous feelings persist, then get professional help. This will help you work on specific areas that need to be addressed and improved.



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