



Social Anxiety

Social anxiety, also known as social phobia, is a fear of crowds or public situations, feeling it will lead to public scrutiny or embarrassment. Fear can range from simply eating in public to being in a large crowd in a store. At work, people with social anxiety may have trouble socializing or even participating in meetings. Social anxiety affects many individuals, causing them to isolate and feel alone. Although it is difficult to escape these fears, social anxiety symptoms can be managed and responsive to treatment.

- Extremely fearful of unfamiliar situations and people
- Feeling overwhelmed with anxiety when in social situations
- Fearful of being judged or watched by other people
- Unable to face social situations on your own



- Always take a few minutes to let the information sink in
- Look at the whole situation and what your role is in it
- Look at the anxiety feeling you're having and try to resolve them

Generalized Anxiety Disorder

Generalized anxiety disorder (GAD) is the most common type of anxiety and is usually defined as a constant state of tension and panic. People who suffer from GAD find it difficult to control their worry most days. Everyday circumstances, such as job security, health, or finances may cause uncontrollable worry, dominating an individual's thinking. The source of the anxiety may not always be identified, making it difficult to resolve the problem

Common symptoms of GAD:

Difficulty focusing, sleeping or concentrating



Constant restlessness, irritation or edginess



Feeling tired or having low energy levels



Tense or clenched muscles



- Realize what you have to and move on from there



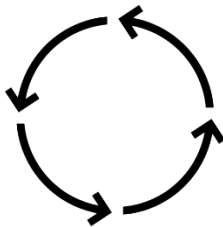
Accept the Situation and Move On

Ending the Cycle

If we train our mind to fear situations or problems that cause us anxiety, we are creating *more* anxiety and it becomes part of a cycle of anxiety. The only way to end the cycle is to face the situation and symptoms and work through the feelings that come with it.

Things to Remember:

- Anxiety feeds on avoidance – this makes our symptoms worse
- Avoiding symptoms doesn't make them go away or disappear
- The problem will not just go away – we can't avoid them forever



Power of Positive Thinking

By putting a stop to thoughts that can lead to anxiety or stress, and replacing them with positive and encouraging thoughts, we are conditioning ourselves to permanently adapt our brain to this type of behavior and improving the way we handle difficult situations.

Sample of positive thinking phrases:

- "I can do this."
- "These feelings may be uncomfortable, but they won't last."
- "I will not fail and others will see my success."
- "My anxiety cannot make me lose control."

