I'm not a bot

Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Social anxiety disorder, also called social phobia, is a long-term and overwhelming fear of social situations.It's a common problem that usually starts during the teenage years. It can be very distressing and have a big impact on your life.For some people it gets better as they get older. But for many people it does not go away on its own without treatment.It's important to get help if you are having symptoms. There are treatments that can help you manage it. Social anxiety is more than shyness. It's a fear that does not go away and affects everyday activities, self confidence, relationships and work or school life.Many people occasionally worry about social situations, but someone with social anxiety feels overly worried before, during and after them.You may have social anxiety if you:worry about everyday activities, such as meeting strangers, starting conversations, speaking on the phone, working or shoppingavoid or worry a lot about social activities, such as group conversations, eating with company and partiesalways worry about doing something you think is embarrassing, such as blushing, sweating or appearing incompetentfind it difficult to do things when others are watching – you may feel like you're being watched and judged all the timefear being criticised, avoid eye contact or have low self-esteemoften have symptoms like feeling sick, sweating, trembling or a pounding heartbeat (palpitations)have panic attacks, where you have an overwhelming sense of fear and anxiety, usually only for a few minutesMany people with social anxiety also have other mental health issues, such as depression, generalised anxiety disorder or panic disorder. It's a good idea to see a GP if you think you have social anxiety, especially if it's having a big impact on your life.It's a common problem and there are treatments that can help.Asking for help can be difficult, but a GP will be aware that many people struggle with social anxiety and will try to put you at ease.They'll ask you about your feelings, behaviours and symptoms to find out about your anxiety in social situations.If they think you could have social anxiety, you'll be referred to a mental health specialist to have a full assessment and talk about treatments.You can also refer yourself directly to an NHS talking therapies service without a referral from a GP. Self-help can help reduce social anxiety and you might find it a useful first step before trying other treatments.The following tips may help:try to understand more about your anxiety – by thinking about or writing down what goes through your mind and how you behave in certain social situations, it can help to keep a diarytry some relaxation techniques, such as breathing exercises for stressbreak down challenging situations into smaller parts and work on feeling more relaxed with each parttry to focus on what people are saying rather than just assuming the worst Read more about anxiety, fear and panic and how to manage them.You may also find it useful to read an NHS self-help guide for social anxiety. In this audio guide, a doctor explains how you can take control of anxiety. A number of treatments are available for social anxiety.The main options are:CBT is generally considered the best treatment, but other treatments may help if it does not work or you do not want to try it.Some people need to try a combination of treatments. There are several charities, support groups and online forums for people with social anxiety and other anxiety disorders, including: Social anxiety can also affect children.Signs of social anxiety in a child include:crying or getting upset more often than usualgetting angry a lotavoiding interaction with other children and adultsfear of going to school or taking part in classroom activities, school performances and social eventsnot asking for help at schoolbeing very reliant on their parents or carerSpeak to a GP if you're worried about your child. They'll ask you about your child's behaviour and talk to them about how they feel.Treatments for social anxiety in children are similar to those for teenagers and adults, although medicines are not normally used.Therapy will be tailored to your child's age and will often involve help from you.You may be given training and self-help materials to use between sessions. It may also take place in a small group. Animated video explaining self-referral to talking therapies services for stress, anxiety or depression. Includes British Sign Language (BSL) translation. Page last reviewed: 17 May 2023 Next review due: 17 May 2026 Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Challenging negative thoughts and limiting alcohol are some ways you can manage your social anxiety. Read on for more tips that can help you work towards overcoming it.Share on PinterestJovo Jovanovic/Stocksy Unitedtalking with coworkersbuying groceriesseating in publicgoing on datesCompletely overcoming social anxiety may seem like a large task. If you don't know where to start, the following eight strategies offer a place to begin.help you identify social anxiety triggersteach helpful coping strategies, social skills, and relaxation techniquesoffer guidance on reframing negative thoughtsTherapy also offers a safe environment to practice navigating anxiety-provoking situations through gradual exposure.Your therapist may also recommend group therapy or support groups, which give you the chance to practice social skills and interact with other people who also have social anxiety. Pinpointing why and when you feel most anxious can help you manage those feelings.You may feel anxious in situations where you worry about others judging you. On the other hand, you could feel fine being around others — as long as they don't expect you to share your thoughts. Start by listing situations that cause the most discomfort. Then, identify the symptoms you experience in those situations. If you are aware of what you are dealing with, you can manage your symptoms more effectively.You may spend a lot of time thinking about the potential negative outcomes of social situations. These things happen on occasion, and they can cause some short-term discomfort.But even if you do make a small social blunder, that doesn't mean other people will look down on you. Understanding the spotlight effect — the tendency to think others notice your mistakes more than they actually do — can also go a long way toward easing feelings of social anxiety.When you begin to feel overwhelmed by anxious thoughts, try challenging and replacing them with more helpful ones through a technique called realistic thinking. When it comes to managing social anxiety, it's OK to start with little changes. You don't have to volunteer to lead a meeting or strike up a conversation with everyone you meet. skip the self-checkout and make small talk with the cashierask a question in classcompliment a co-worker's outfithost a small gathering for close friends and loved ones — socializing in your own space can help you feel more comfortableSome people also find it helpful to reframe anxious thoughts. Instead of thinking, "I feel so nervous about tonight," try thinking, "I'm so excited to see what people are like outside of work!"Ask a trusted friend or family member to role-play some everyday conversations with you. Practicing ways to overcome potential negative outcomes can help you feel more prepared to handle them if they come up. Here are a few scenarios you may consider:explaining an item you're looking for to a store employeepronouncing a name wrong and then being correctedgiving the wrong answer in a work meetingtripping in front of peopleTo get more familiar with best- and worst-case outcomes, ask your conversation partner to offer different positive, negative, or neutral reactions. Relaxation exercises, such as breath control, can help calm these physical reactions. They can help manage the symptoms you experience. washing dishes and preparing food by yourself at partiesencouraging the other person to talk only about themselvesstanding near the edge of a groupplooking down at your phoneYou might feel safer in a crowd when you show up without really engaging, but this will not help you overcome your social anxiety. It will be difficult for others to get to know you unless you make a concerted effort to interact. Letting go of these behaviors may feel challenging at first, but continued effort will help you improve your relationships. While it can be daunting at first, making a few changes can help you make steps toward overcoming your social anxiety.Some things you can do include identifying situations where you feel anxious and trying relaxation techniques when you feel overwhelmed.Keep in mind that overcoming your social anxiety won't happen all at once. Everyone is different, and it is perfectly OK to go at your own pace.Crystal Raypole has previously worked as a writer and editor for GoodTherapy. Her fields of interest include Asian languages and literature, Japanese translation, cooking, natural sciences, sex positivity, and mental health. In particular, she's committed to helping decrease stigma around mental health issues. If you feel out of practice socializing after the last few years of social distancing, you're not alone. If you feel more anxious than usual when leaving the house to socialize, that's also totally normal, as is occasionally feeling overwhelmed or out of your element in large crowds.However, when these nervous feelings persist — and cause you great anguish — you might have a social anxiety disorder."Social anxiety is one of those disorders where the name is pretty accurate in describing what it is," says psychologist Dawn Potter, PsyD. "It's anxiety that occurs in a social situation. If you have anxiety that routinely pops up in social situations that causes distress or inhibits you from doing things you want to do, then we might start to consider this a disorder. A person with social anxiety disorder would have frequent anxiety, panic or significant discomfort in a social situation. Then they would want to avoid that situation, or would enter that situation with a lot of distress."Dr. Potter adds that there are different kinds of social anxiety. While one involves being uncomfortable with or avoiding social situations — either big or small groups of people you might not know well, whether in public or private — there's also a specific type of social anxiety around public speaking."It's performance-based only," says Dr. Potter. "You would have anxiety about public speaking, but wouldn't necessarily have anxiety about going to a party, ordering at a restaurant or speaking on the phone to an unknown person."Contrary to popular belief, being quiet in social situations, or preferring to socialize in small groups, doesn't mean you have social anxiety — and this disorder isn't synonymous with being an introvert. "Even if extroverts are generally outgoing and talkative, and like meeting new people, they can also feel nervous, anxious or on edge when meeting new people and performing in front of groups," says Dr. Potter.How to get over social anxietyDr. Potter stresses that it's important to address your social anxiety, even if this feels difficult since it can have a major impact on your life. "It can have subtle negative effects on your career, friendships, dating life, or even family relationships," she says. "It can affect you so broadly when you miss opportunities. When a person's isolated, it can lead to depression because you miss opportunities to have a good time or enjoy yourself, and feel connected to other people."Luckily, Dr. Potter notes that social anxiety is very treatable, although strategies for overcoming social anxiety depend both on your individual personality and how much the disorder is affecting your life. For example, if you have panic attacks when going out in public because you are so overwhelmed, you might opt for medication, psychotherapy or a combination of both. Less severe anxiety might be better served by a different treatment option.Here are a few other ways to approach getting over social anxiety.Practice public speakingFor those who have mild-to-moderate social anxiety disorder — for example, maybe it's not causing you panic attacks — finding ways to practice public speaking is a good approach. Dr. Potter suggests joining a group such as Toastmasters, which is for specifically practicing public speaking and rehearsing.Try cognitive behavioral therapyAmong the different kinds of psychotherapy available, cognitive behavioral therapy — which involves making changes to the way you think and feel about a situation, which, in turn, can help you modify your behavior — is a helpful way to approach social anxiety. "With social anxiety specifically, you want to identify patterns of thinking that cause you to avoid social situations — like if a person's always expecting the worst outcome, or a person is fixated on the fact that someone might see them blushing, or sweating or stammering," says Dr. Potter. "You want to help them learn to challenge those expectations and adopt more positive self-talk rather than negative self-talk."Gradually introduce yourself to anxiety-inducing situationsDr. Potter recommends what she calls "situational exposure." Identify certain social situations you're afraid of, and work your way up from easier to more difficult scenarios while practicing relaxation techniques so you can tolerate anxiety. "For example, if you have a fear of large groups, and you've been mostly avoiding group activities, start by going out with a friend one on one," she explains. "Then work your way up to going out with a small group of friends." Repeat as needed until you feel more comfortable before attempting to go to a restaurant, a bar or a party where there would be more people. You can also work on situational exposure with the support of a therapist, Dr. Potter says. "Like cognitive behavioral therapy, exposure therapy is a type of treatment a trained psychologist can provide."Ask your support system for a helping handIt can be embarrassing or humbling to admit to people in your life that you're anxious in social situations and might need help. However, letting a friend or loved one know you might need some extra support can be a major boost. "Many times, people are going to feel more comfortable if they're in a social situation with somebody that they're close to," Dr. Potter says. "Especially if somebody has been fairly isolated in recent times, it can be helpful at first to have a buddy when you go back into a social situation."The key to this support is helping an anxious person become more independent over time. "Eventually, people with more generalized social anxiety will find it uncomfortable to go shopping or order food by themselves," Dr. Potter explains. "You want to balance supporting a person and encouraging them to do it themselves."If you're a friend or family member of somebody anxious in social situations, one way to offer support is to bring them into the conversation. "You might be like, 'Oh, I think Sara has something she would probably like to say on that subject. She's really interested in that,'" Dr. Potter says. "You can support them by bringing them out of their shells." Before doing that, however, be sure to ask the person if that's OK. "If you're a person with social anxiety, you may not like being put on the spot to say something. Talk to that person in advance about how they want to handle certain things."Check in with yourselfWhen you're out in public and start feeling anxious, it's easy to spiral and become fixated on everything that appears to be going wrong, even if you're the only one feeling that way. "In the moment, you need to focus outside of yourself and remind yourself, 'This is probably anxiety. I can't read their mind. I do not know what they're actually thinking of me,'" Dr. Potter says.This is easier said than done, of course, so she suggests using a technique called "five senses" that can help you regain perspective and stay in the moment. "Do a check-in with yourself of all of your five senses to get yourself more externally focused. Distract yourself from unpleasant internal sensations and negative thoughts," says Dr. Potter. "Then you can try to refocus on: 'What are they actually saying to me? What else is going on right now? What can I see? What can I hear? What can I feel?'"Look for silver linings — and be kind to yourselfIf your social anxiety isn't going away as fast as you'd like, that's perfectly normal. "It might be that you moved too fast and need to spend more time practicing other social encounters before you're up for the one you're stuck on, or you need to work more on relaxation techniques and distraction techniques so you can tolerate that situation next time," says Dr. Potter.Analyzing after the fact what triggered a reaction, whether a panic attack or something else, can also help. "Try to break down, 'How can I think about that differently?' or 'How can I change the situation next time?'" Dr. Potter suggests. "Let's say you go to a concert and start to have a panic attack because you're enclosed in by a lot of people. Maybe next time, you might sit in the back or on an aisle, or stay somewhere where you feel like there's an exit route if you feel anxious or closed-in."Dr. Potter adds that other people are generally way more focused on themselves than they are on others. "They are most likely not scrutinizing your behavior in social situations, because they are busy thinking about what they are going to say or do next," she says. "Your anxiety usually magnifies the negative and minimizes the positive — so the things you're acutely aware of about yourself may not be particularly noticeable to others."When to worry about physical symptoms of anxietySocial anxiety disorders can also lead to physical symptoms. "You might experience blushing, sweating, or a subjective sensation of feeling suddenly cold or warm," says Dr. Potter. "You might also have physical tension, which could cause aches and pains, like a stomachache."You can also experience symptoms associated with panic, even if you don't have a full-blown panic attack. "Panic symptoms are your heart beating fast, shortness of breath, a subjective feeling of losing control or a fear of sudden, impending doom," says Dr. Potter. "People with social anxiety will typically experience some of these symptoms, including at a lower threshold, too."Determining whether these symptoms are from anxiety, or a more serious medical condition can be difficult. "If the pain goes away quickly after the anxiety-provoking situation has stopped, and if you have a subjective sense of knowing that you are currently afraid of something, then it's more likely that what you are feeling is probably anxiety," says Dr. Potter. "But if you're in doubt, you should definitely talk to a doctor about it and get advice on specific signs to look out for and what your risk factors are."If you have a known heart condition, this advice is even more important. "You want to be much more careful about seeking medical care for any of these types of symptoms," she says. "And if you have cardiac conditions and you have anxiety, you should talk to your doctor about how to differentiate the two." How to Get Over Social Anxiety on Reddit: A Step-by-Step Guide Are you tired of feeling anxious and uncomfortable in social situations? Do you struggle to make connections with others due to feelings of self-consciousness and fear of being judged? You're not alone. Millions of people worldwide suffer from social anxiety, and it can be debilitating. The good news is that there is hope for overcoming social anxiety, and Reddit can be a valuable resource in your journey. In this article, we'll explore the strategies and techniques that can help you overcome social anxiety, as well as how to leverage the power of Reddit to connect with others who share your experiences and challenges. What is Social Anxiety? Before we dive into the solutions, it's essential to understand what social anxiety is. Social anxiety disorder, also known as social phobia, is a mental health condition characterized by feelings of excessive and persistent fear of social or performance situations where the individual is exposed to possible scrutiny by others. This fear can lead to avoidance behaviors, blushing, trembling, and other physical symptoms. Symptoms of Social Anxiety: Fear of being judged or evaluated by others Fear of being rejected or embarrassed Avoidance of social situations Physical symptoms such as blushing, sweating, or trembling Increased heart rate and blood pressure How to Get Over Social Anxiety on Reddit: A Step-by-Step Guide Join Social Anxiety Communities Reddit has an extensive community of users who share their struggles and experiences with social anxiety. Joining these communities can provide you with a sense of belonging, support, and understanding. Some popular communities to check out include: r/socialanxiety r/overcominganxiety r/socialanxietystories Benefits of Joining Social Anxiety Communities: Connection with others who understand your struggles Support and encouragement from peers who have overcome similar challenges Access to valuable resources and information on managing social anxiety Possibility of making lifelong connections and friendships 2. Share Your Story Sharing your experiences and stories with others can be a powerful way to connect with like-minded individuals. On Reddit, you can share your story in the form of a post or comment in a social anxiety community. Be sure to keep your story brief and focused on your feelings and experiences, rather than dwelling on specific details. How to Share Your Story: Be honest and authentic in your post or comment Focus on your feelings and emotions rather than specific events or circumstances Be open and receptive to feedback and support from others 3. Engage with Others Participate in discussions and engage with others in the social anxiety communities. This can help you: Feel a sense of belonging and connection Gain new insights and perspectives Help others who are struggling, and gain a sense of purpose How to Engage with Others: Read and respond to posts and comments Share your own experiences and insights Be supportive and non-judgmental in your interactions 4. Seek Professional Help While online communities can be a valuable resource, they should not replace professional help. It's essential to seek guidance from a mental health professional who specializes in social anxiety disorder. They can provide you with personalized treatment and support to help you overcome your social anxiety. 5. Practice Self-Care Taking care of yourself is crucial when struggling with social anxiety. Make sure to: Get enough sleep Exercise regularly Eat a balanced diet Practice relaxation techniques, such as deep breathing, meditation, or yoga 6. Challenge Negative Thoughts Negative thoughts and self-talk can exacerbate social anxiety. Try to: Challenge negative self-talk Reframe negative thoughts in a positive light Practice positive self-talk 7. Gradual Exposure Gradually exposing yourself to social situations can help you build confidence and reduce anxiety. Start with small steps, such as: Small gatherings One-on-one conversations Online communities Tips for Gradual Exposure: Start small and gradually increase Choose situations that feel comfortable and manageable Practice positive self-talk and reassurance Conclusion Overcoming social anxiety is a journey, and it's not always easy. But with the right strategies, support, and mindset, you can overcome the challenges and live a more fulfilling life. By joining social anxiety communities on Reddit, sharing your story, engaging with others, seeking professional help, practicing self-care, challenging negative thoughts, and engaging in gradual exposure, you can start your journey towards a more confident and anxiety-free life. Remember, you're not alone, and there is hope for a life beyond social anxiety. Your friends have asked us these questions - Check out the answers! Social anxiety disorder is often misunderstood, and many people could be suffering in silence. It's much more than feeling shy and not wanting to speak up in big groups. It can really take control and impede your everyday life. Anxiety Care UK states that social anxiety is a common and distressing condition, with as many as 40 percent of the population suffering from it. Young People With Social Anxiety Experiencing social anxiety and fear of social interactions can make simple responsibilities almost impossible to overcome. An estimated 15 million American adults have social anxiety, according to the Anxiety and Depression Association of America, with young adolescents who are transitioning to secondary school or college being particularly vulnerable. It's suggested that social anxiety disorder symptoms usually begin around the age of 13. The good news is that there are ways to develop new habits to help ease and overcome your social anxiety. 1. Challenge your negative and anxious thoughts. At times it may feel like there's nothing you can do about the way you feel and how you think. In reality, though, there are a number of things that can help. Challenging your mentality and negative thoughts can be an effective way to reduce symptoms of social anxiety. Start by identifying the anxious thoughts that automatically pop into your head when you think of social situations. Next, analyze these thoughts and challenge them. Question why you think like this and if your first reaction is actually how you feel or you're just always assuming the worst. Changing the way you think is a long journey and is not an immediate fix, but the mind is a powerful thing, and it is possible. 2. Be mindful. Being mindful and practicing mindful meditation helps you to be present and aware of your thoughts and feelings in a non-judgmental and positive way. In a study published in the journal Social Cognitive and Affective Neuroscience, researchers found that meditation has effects on activity in particular areas of the brain. Participants who had normal levels of anxiety took part in four 20-minute mindfulness meditation classes. They found up to a 39 percent decrease in anxiety levels after mindfulness training. 3. Go to a coffee shop. If you enjoy watching movies online or catching up on your favorite TV show, then try taking your tablet or laptop to your nearest coffee shop. Do an activity you like and feel comfortable with, in an environment that would usually make you anxious. You have the familiarity and comfort of being able to concentrate only on what you're doing, but will be pushing your boundaries. Hopefully, you can push yourself but remain in your mental comfort zone at the same time. 4. Create an exposure hierarchy. Identify and rate how each social situation makes you feel in terms of anxiousness. For example, 0 would mean no anxiety, and 10 would be a full-blown panic attack. Make a list and write down how you think you would feel for every situation, no matter how small or big. From walking into a room at a gathering to asking a stranger on the tube for the time. It's important to write down on a piece of paper your predictions so that when the time comes to experience it, you know how you thought you would feel. 5. Don't focus on yourself. It's hard to stop the endless mind chatter when you're in situations that make you particularly anxious. We often turn inward and focus on ourselves and how others will perceive us, almost always assuming it will be negative. The thought that everyone will be looking at you when you walk into a room and judging you in one way or another? This isn't the case. Stop focusing on yourself and what other people are thinking of you. Focus on other people, try to be present, and make genuine connections. No one's perfect, so try to be in the moment and actually listen to what is being said. 6. Adopt a healthier lifestyle to reduce anxiety. The mind and body are linked, and how you treat your body can have a significant impact on the rest of your life, including your anxiety levels. Making small lifestyle changes can help to improve your self-confidence and your ability to cope with anxiety symptoms. Avoid or limit your caffeine intake by not drinking coffee or caffeinated drinks after a certain time. Energy drinks act as a stimulant and can increase anxiety symptoms. Make physical exercise a priority in your day and always try to be active at some point; even taking a brisk walk during your lunch hour is a great way to fit it in. Drink alcohol only in moderation; although it may feel like it calms your nerves, it can also increase your chances of having an anxiety attack. Drink plenty of water, stay hydrated, and get enough high-quality sleep. When you're deprived of sleep, you're much more vulnerable to anxiety, and your mood can be affected greatly. New research suggests that sleep deprivation can actually cause an anxiety disorder. 7. Take a breath. The physical symptoms of anxiety include increased heart rate, pounding chest, dizziness, and muscle tension. Learning to take a minute and slow down your breath can help you take back control of your body. Simply take a seat, get comfortable, and take the biggest breath you've taken all day and hold it in for four seconds. Then exhale slowly, pushing out as much air as possible. Take another deep breath filling the stomach with air and continue until you feel your breath slowing down to its normal rate. 8. Act confidently. There are a large number of adults suffering from social phobia and crippling shyness. You can learn to be confident in the same way you learned to ride a bike. Act more confidently, and people will react positively. This doesn't mean you need to be the class clown or the center of attention. It's just about being more assertive. Something that feels terrifying at first will gradually feel better each time. 9. Find social situations and engage. Make a conscious effort to be more social. Actively look for supportive social environments that can help you overcome your fears. Perhaps start with a social skills training class. Here you can properly practice your social interactions before heading out into the real world. This will give you some tips on what to say and do when you find yourself in a social situation you're unfamiliar with or anxious about. 10. Be kind to yourself. Nobody's perfect, and everyone feels embarrassed at one point or another in their life. Overcoming social anxiety is by no means easy. You'll have times where you think negatively and slip back into old habits. If you're feeling run down or tired, you may find yourself feeling more anxious than normal, but it doesn't mean you've failed. Just take a minute, focus on the present, and practice the techniques you've been working on. 11. Talk. By overcoming social anxiety and shyness, you will hopefully start feeling more confident during conversations. Talking to someone can be very challenging, and knowing what to say isn't easy. Sometimes an awkward silence can feel like it lasts a lifetime. Talking to people gradually will help you be less anxious each time. 12. Face your fears. The final step is to face your fears. It's impossible to overcome social anxiety if you don't expose yourself to situations that make you anxious. By using avoidance as a tool to cope, you won't be helping yourself or encouraging personal growth. Numerous studies have shown that exposure therapy, facing your fears, is effective in treating anxiety disorders. Research does suggest, however, that exposure should be applied gently. Therefore take part in a social interaction or activity that only slightly provokes your anxiety and work your way up. Overcoming social anxiety is a long journey, and it takes time for new neural pathways for social interactions to form. Is your social anxiety constantly interfering with your daily life? Then don't hesitate to seek professional help in whatever form you feel comfortable looking for. These are great ways to help overcome your social anxiety. Although it seems like an impossible obstacle, it's so worth overcoming, so you can live your life to the fullest. What's the greatest piece of advice you've received for your social anxiety? That's the question I asked on the social anxiety subreddit. It received lots of comments detailing people's favorite and greatest tips they have heard for social anxiety. Overall, I'm impressed by the quality of advice. Take a look for yourself by watching this video and be sure to tell me your greatest social anxiety tipTranscript:About three weeks ago, I posted on the Social Anxiety subreddit asking this question, What is the greatest tip you've received for your social anxiety? And it received over 40 comments to my surprise, which I have not read any of. Because I want to read them with you. Without So, without further ado, let's take a look at some of the best social anxiety tips.At least, the best ones from Reddit. Also, take a moment to write down in the comments your best social anxiety tip, and maybe it'll be one of the ones that I cover today. Or maybe not, it'll be something completely new that someone else watching can take advantage of. Tell yourself with sincerity that no matter what happens in a social situation, you're going to be there for yourself.Now, on first glance, this looks and sounds like the overused and cliché advice of just be yourself, which is really hard to comprehend, especially if you struggle with social anxiety. Well, who am I? But, that's not what it is at all. They said, be there for yourself, which means you're not there to make people laugh, you're not there to be the center of attention, You're not there to entertain others.You're just there for you and how you want to feel in this social situation. When I was at my TEDx event, I was unseen and to the side watching the person in front of me give their own TED talk knowing that I was about to go on stage and give the biggest speech of my life up to that point. Don't get me wrong, I was prepared as humanly possible for this talk, yet I was still nervous.Nervous that I might mess up or make a mistake and those thoughts kind of just started to consume my thinking. So I started talking to myself and I started saying things like, I'm just here to have fun. Like that's all I'm here to do. I'm here to have fun, do the best I can, but no matter if I mess up or, you know, I slip up on a word, I'm just here to have fun.That's my goal. And by doing this, I was able to center the talk that I was doing completely around just how I want it to be. Which was to have fun and you know do my best give a good message, and I just had fun with it So that's just an example of something to do, but I want you all to start thinking How can you implement this step into your life?This tip is a really good one for just kind of releasing that pressure I feel in social situations and can even be used in public speaking. It reminds me of a tool my favorite therapist suggested. That before I go out, I do a visualization. Imagine I'm holding the younger version of me. Okay. Step one.Check the one who's deeply scared about this situation. I tell him it's going to be okay, and that favorite therapist is going to take care of him while I'm gone. It's okay. My favorite therapist is gonna take care of you. And when I come back, I'll pick him up. I visualize my therapist, then put little me into my therapist's arms and tell him he'll be 100% safe here.The most important thing is when I get home from the event, absolutely do the visualization to get him back from the therapist. Ah. Oh. I forgot it. I am a huge fan of visualization, but this is honestly the first time I've heard it used like this. Many may read what this person wrote on Reddit and think that it's ridiculous, it would never work.It's kind of stupid. But those are also probably the same people who have never tried visualization. You have to try things out. If you never try things out, you'll never know if they work really well for you or not. You may be missing out on one of the most impactful practices for you, but because you think it's stupid, or childish, or silly...You don't even want to try it. It's kind of like the similar thing that I say to my kids all the time. And they're like, oh, I don't want to eat that. It looks weird. It looks gross. And it's like, this could be your favorite food ever. Why would you at least not try it? It drives me insane. Like, I just cannot say that I'm willing to try anything.Food wise, mental health practice wise. Oh, maybe not anything, but generally anything. Bottom line is, it is worth feeling silly for a little bit. To try out different practices. All right, let's find another one. Here we go. That no one is paying attention to you as much as you are, and no one cares that much about what you're doing.This was true 20 years ago, and it's even more true today. You're sitting at a red light. What are you doing? You're on your phone. You're standing in line waiting to be checked out. What are you doing? You're on your phone. You're filming a YouTube video. What are you doing? Oh, sorry about that. The point is, is that you probably couldn't even tell me what color the car was that was next to you at the last red light, or what the person in front of you looked like at the checkout line at the store.It's because nobody cares, and is already pretty consumed in themselves. They don't have time to judge other people. Even if you go Over the top to get people's attention a lot of times. They still won't notice you In fact in april of last year, maybe it was the year before. I don't know in april of some year somewhat recently I dressed in a full santa suit and went to target and it was Staggering the amount of people that acted like they didn't Didn't even notice me you would have thought that everyone would have just been staring at me But that was not the case.All right, here's a reply to that comment And you know regarding the one of nobody cares what you think or doing that type of thing So you walk down the street and everybody's looking at you you walk into a room and everyone is looking at you thinking about you wondering what you're doing talking about you and when you leave they're all still thinking and talking about you.Really? Do you know how narcissistic that sounds? They're not even thinking about you. They're all too busy thinking about themselves Even if you do something embarrassing people will completely forget it within 10 minutesTo accept yourself. Easier said than done but yes, learning to accept yourself fully for who you are is really helpful not just for social anxiety but really just your overall general mental health. And understand that you control your thoughts, nobody else can. I think this part is worth explaining a little bit further cause I don't want people to think that the goal should be to approach.Get to the point where you can control all of your thoughts. Thoughts are like breasts, they're pretty involuntary. You can control what thoughts you give power to, which ones you really focus on, and you can also see thoughts and give power to reframing them, or maybe digging a little deeper on those thoughts.And you may be thinking like this person. They can be hard to put into practice. Well, yeah, transitioning from going from socially anxious to socially confident is not going to be an easy transition or a comfortable one. Many of you right now, life's got you up against the road. You can't give up. You can't give in.Listen to me. If it was easy, everybody would do it. Make the commitment to yourself, knowing that. This is gonna be difficult, but I'm gonna stay consistent with it, and I'm gonna try these things out. Write down your social anxiety wins, no matter how small, and read over them often. Fear in the present is conquered by remembering victories in the past.This reminds me of my quote unquote, yeah, folder. I keep screenshots of all the positive comments or emails. that I get, and I put them in this little folder, and anytime I'm feeling down about myself or my work and what I'm doing here, I will just browse that folder, read some of the stuff that maybe you've sent me, and that kind of just digs me back out of that hole and like, reminds me why I'm doing this, and I can continue going and you know, brings me out of it.So, I like the idea of doing this for Social Anxiety Wins. I think it would be very helpful. Our brain is a learning machine. All these years it has been learning from the bad experiences that have happened to us in social situations. We have to unlearn some of these things and learn new things by going out and socializing more.I did exposure therapy with medication for about 7 months and it completely changed my life. Oh, you know I'm all about this one. Exposure therapy completely changed my life. And honestly, I'm not real sure where I would be if I never mustered up the courage to take on the challenge of doing exposure therapy for my social anxiety.If you're not familiar with what exposure therapy is, it's basically exposing yourself to situations that make you feel anxious in little small chunks. You keep doing this, you continue to build up and do stuff that is, you know, more and more anxious. What I like to call baby steps. And over time you learn to train your brain to realize, Oh, I don't need to be anxious in this moment.Kyle is safe and this situation is not. All what my brain is making it up to be. If you want a full deep dive on exposure therapy, just go check out this video. I'll also put the link in the description. Oh, boy. I knew we were bound to get one of these. Get medicine. Muuuuh. I know it's hard, but often social anxiety is Especially when it gets chronic and gets disorderly is caused by an imbalance in your brain's hormones You are actively lacking the make you happy stuff I believe that's serotonin meds give you that input and while you still experience anxious emotions It gives you enough strength to juggle it instead of breaking down.I'm not anti medication by any means But I am against taking medication unless by Last resort, I think you should try other things out first before just jumping straight to medication because the reason why is we have the ability to change those chemical imbalances in our head completely naturally and without medication.And most of the time you can do it without medication. And by doing it that way, you don't get all the side effects of medication. Before hopping on the medication train though, do your research, go look it up. Go look at different studies, what they've found out about taking medication for anxiety or depression.I've done a little of the research for you in this video that probably a lot of it will be greatly surprising to you and very interesting. Um, I'll show a little clip here. And go.Oh, forgot. I gotta push the button. And go. There was a study published last week by JAMA that showed meditation was equally as effective for anxiety as a very popular anti anxiety drug called Lexapro. All right. I'm going to stop there because I think we've covered at least all the really good ones. If you want to see more of them, I'll put the link to the post from Reddit in the description below.But I want to tell you all about some exciting news. So I don't think I even shared this, but there's this movie that just came out June 23rd called Heightened. And what's so cool about this movie is it's a social anxiety comedy. Intriguing, right? Bummer thing is that since it's an independent film, it wasn't, you know, widely released in theaters or available on streaming.In fact, they only had one release of it in Los Angeles. on June 23rd, which for me kind of sucked because I live in nowhere, Indiana, and to travel that far to go watch a movie seems like a lot. But with there being no way for me to watch the film, I was not about to take that as an answer. No, because I'm not a quitter.And when I come across problems, I say, I'm going to solve you, bro. I'm not sure how, but I'm going to do it. So what I did was, I figured out who the director was, and who was also the lead actor. Sarah Friedman, and I shot her an email, in which she responded to me the same day, wanting to collaborate in some way, to be able to show the movie off to you all.That's about as detailed as I can get. She reached out, basically said, yeah, let's do something, um... You know, she's gonna reach back out to me in a couple months? A month? Six months? I have no idea. She told me that it takes a while for movies to get going, so I just made a reminder for myself to reach out in two months if I haven't heard from her, and hopefully I'll be able to watch that movie.give my little take on it here on the channel and then I'll also have a link for you all can watch the full movie yourselves because if you're like me and have gone through social anxiety or maybe you're in it right now, whoo, isn't it nice to get a little comedic relief and I've never heard of a social anxiety comedy so I am excited about it.I'm gonna try to play a little bit of the trailer here without going against YouTube's terms and services or whatever. Um, so I may only be able to play like a small clip here. I'm not real sure, but if you want to watch the full trailer, it'll also be in the link in the description below. So happy you're home, dear.We were so worried about you. CanI get anyone a drink? Eleanor shouldn't be drinking, but I'll have a G& T. You're all here because you have something in common. You have trouble connecting with others. I'm in this program? You'll make fantastic little workers. You'll be shadowing Dustin. You're Dustin? Dusty. What dothey call it? What you have. Anxiety, misophonia, OCD. These are what? You wereso fearless as a little girl. I wonder what changed.Take the time you want to do and do that something you love.Thank you for watching and make sure you subscribe so you know when I release that video about the heightened film about the social anxiety comedy and you'll. Probably be one of the first to watch it. Maybe. And if you haven't done so already, please comment your favorite social anxiety tip below. Until next week.PEEEEEEEEEEEEEEEEEEEEEEEACE!!!My mission is to help 1 million teens go from socially anxious to socially confident.I want you to be a part of the mission!If you'd like to be a part of the mission, contact me here about speaking at your school, conference, event, business, or non-profit.