

Social Anxiety Coping Skills

Below are six different coping skills and strategies you can use whenever you're being distressed by social anxiety. Feel free to add them to your current roster of coping mechanisms if they work well for you.

1. PRACTICE THE 4-7-8 BREATHING METHOD.

To practice this breathing method, do the following steps:

- Lie down or sit down.
- Put one hand on your chest and the other one on your belly.
- Take a deep breath from your belly, slowly.
- Count to 4 while taking a deep breath.
- Hold your breath and count mentally from 1 to 7.
- Exhale slowly while counting mentally from 1 to 8.
- Repeat all of the above for 3 to 7 times or however much you want until you feel relaxed.

Did this work for you?

- Yes
- No

2. PRACTICE MINDFULNESS.

Mindfulness is a popular mental health practice these days, and it can benefit people with social anxiety disorder. What it does is anchor people to the present moment. Practice this to help you stop worrying about what others might think of you after interacting with them.

We recommend watching this 5-minute Mindfulness Meditation video on YouTube by Great Meditation:

- https://www.youtube.com/watch?v=ssss7V1_eyA&pp=ygUSbWluZGZ1bG5lc3Mgc2NyaXB0

Here's another one entitled "Mindful Breathing for Anxiety" by UCTV:

- <https://www.youtube.com/watch?v=v-w-vSvi-24&pp=ygUSbWluZGZ1bG5lc3Mgc2NyaXB0>

Did this work for you?

- Yes
- No

3. VISUALIZE A SUCCESSFUL AND PLEASANT SOCIAL INTERACTION.

Ask yourself the following questions:

- What feelings do I want to feel in this social interaction?
- What can help me feel those feelings?
- What can keep me from stopping this interaction just to get away from it?

These are just three sample questions you can ask yourself. Unpack what you feel and create such a scenario in your imagination.

You can even detail this interaction below:

Did this work for you?

- Yes
- No

4. PRACTICE SELF-AFFIRMATION AND COMPASSION.

What do you love about yourself? What are you good at? What do people you know like about you? Detail all of them here to remind yourself that you're better than how you currently perceive yourself and there are people who like you for you and don't think ill of you.

Did this work for you?

Yes

No

5. REFRAME UNHELPFUL THOUGHTS ABOUT SOCIAL INTERACTIONS.

What are negative thoughts that you have about social interactions?

After listing all of that, what are more positive thoughts you have that can replace these negative thoughts?

Did this work for you?

Yes

No

6. JOURNAL YOUR DAILY SOCIAL INTERACTIONS AND UNPACK HOW THEY WENT.

It would be best to keep a journal and write down your feelings about social interactions you engage in each day. It's an opportunity to unpack your experiences and feelings without fear of judgment.

This is optional, but you can use the space below to discuss your day:

Did this work for you?

- Yes
- No