



SOCIAL ANXIETY DISORDER

Fear of social situations where one could be embarrassed or humiliated by others

Symptoms

Many symptoms are common of most anxiety disorders, such as:

- Intense fear
- Dizziness
- Nausea
- Difficulty breathing
- Problems sleeping

Concerns

People with social anxiety are often very worried about:

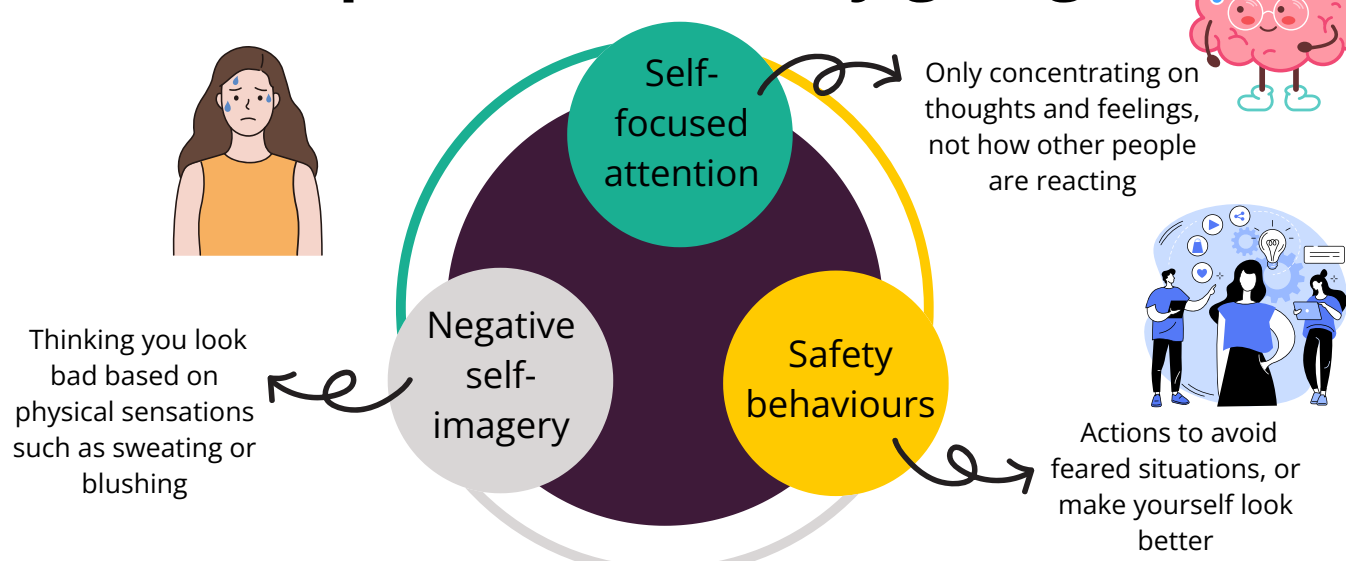
- Sweating
- Shaking
- Blushing
- Stumbling over words
- Looking anxious
- Appearing boring or silly

Causes

- **Environmental** - stress, negative peer relationships, traumatic experiences
- **Biological** - genetics
- **Other health problems** - including other mental health diagnoses

It is normal to have more social worries when encountering new situations but social anxiety disorder occurs when these worries are persistent

What keeps social anxiety going?



Self-help:

- Keep a mood diary to track your thoughts and feelings
- Try different anxiety management exercises to find out what works for you

Further help:

- Talk to someone you trust, like a family member or teacher
- Contact your doctor or a mental health professional who may offer a range of support options including therapy, counselling or medication