

Wellbeing & Counselling Tips

Social Anxiety



University of
Salford
MANCHESTER

Challenge negative thinking patterns

Try not to mind read and assume you know what others think of you e.g. If someone looks bored when talking to you, think about whether another factor is influencing it such as they are tired.

Think about someone you get on with well and remember you can form friendships as you have done so in the past.

Think of topics of conversation

If you know you may be sat with a stranger in class, think of something you can chat to them about beforehand like an upcoming assignment or how you're finding the class.

Social circles

If you find big groups overwhelming it is ok to socialise in smaller circles, you don't have to go out with lots of people all the time.

Prepare in advance

If you're meeting someone and travelling makes you anxious, leave a little earlier to make sure the journey is as relaxed as possible. You can always go for a walk or read a book while waiting.

Stay connected

Remember it's ok to be introverted, some people just need more time alone. Be aware of when this is being pushed too far and make sure you do have some social contact throughout the week, even if it's just phoning a friend.

