



# Social

# Anxiety

## Signs of Social Anxiety:

- Avoid or worry a lot about every day and social activities.
- Find it difficult to do things when you feel you are being watched or judged.
- Fear of being criticised, avoiding eye contact or have low-self esteem.
- Often suffering with symptoms like feeling sick, sweating, trembling, or feeling like your heart is pounding.
- Having a panic attack where you have an overwhelming sense of fear and anxiety.

Social anxiety disorder, or social phobia, is an overwhelming, long-term fear of social situations. It is more than shyness and is a fear that does not go away.

It affects everyday activities, self-confidence, relationships and work or school life.

It's a common problem that usually starts during teenage years, for some it can get better as they get older, but for many it does not go away without support interventions.

There will be times when we all occasionally worry about social situations, but for someone who has social anxiety they will feel overly worried before, during, and after.

People with social anxiety may also have other mental health issues such as depression, generalised anxiety disorder or panic disorder

If you think you have social anxiety and it is having an impact on your life, it is a common problem, and you are not alone. 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 work with you to put you at ease and talk through what support is available.

<https://www.nhs.uk/mental-health/conditions/social-anxiety/>

Blog from Mind written by someone who is living with Social Anxiety

<https://www.mind.org.uk/information-support/your-stories/lots-of-social-phobia-but-no-friends/>

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