



Counselling Workroom –

社交焦慮 Social Anxiety



Social anxiety disorder is one of the most common psychological health problems among university students. The followings are some common signs and symptoms:

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| <p>(Emotion)</p> <p>.....▶</p> <ul style="list-style-type: none"><input type="checkbox"/> Fear of situations in which you may be judged<input type="checkbox"/> Worrying about embarrassing or humiliating yourself<input type="checkbox"/> Intense fear of interacting or talking with strangers<input type="checkbox"/> Having anxiety in anticipation of a feared activity or event <p>.....▶</p> | <p>Physical Sensation</p> <p>.....▶</p> <ul style="list-style-type: none"><input type="checkbox"/> Blushing<input type="checkbox"/> Fast heartbeat<input type="checkbox"/> Trembling<input type="checkbox"/> Sweating<input type="checkbox"/> Upset stomach or nausea<input type="checkbox"/> Trouble catching your breath<input type="checkbox"/> Dizziness or lightheadedness <p>.....▶</p> |
| <p>(Behavior)</p> <p>.....▶</p> <ul style="list-style-type: none"><input type="checkbox"/> Avoiding common social situations<input type="checkbox"/> Avoiding situations where you might be the center of attention <p>.....▶</p> | |



1 Challenge negative thoughts

~~People will think I'm stupid.~~

People there are mostly friendly, they don't know me, so they won't judge me.



~~I won't have anything to say, just standing aside is very embarrassing.~~

Although I'm not talkative, I could still actively listen their sharing, nod head to show agreement and give simple feedback. These are good social interactions.



~~I know I'll end up like a fool.~~

Too conscious about own feeling/performance will make me nervous, paying attention to the interesting surroundings would ease me tension.



2 Learn to control your breathing

Overbreathing (hyperventilation) throws off the balance of oxygen and carbon dioxide in your body-leading to more physical symptoms of anxiety. Learning to slow your breathing down can help bring your physical symptoms of anxiety back under control.

3 Face your fears

Avoiding social situations may make you feel better in the short term, but your anxiety is likely to continue and it could be a chronic mental health condition. While it may seem impossible to overcome a feared social situation, you can do it by taking it one small step at a time. The key is to start with a situation that you can handle and gradually work your way up to more challenging situations, building your confidence and coping skills as you move up the “ anxiety ladder.” Remember to reward yourself after each success.