

# SOCIAL PHOBIA



## What is Social Phobia

It's normal to feel nervous in some social situations like going on a date or giving a presentation. But Social Phobia is an intense, persistent fear of being watched and judged by others. This fear can affect work, school, and other daily activities. It can even make it hard to make and keep friends.

## Signs and Symptoms:

- Blush, sweat, or tremble
- Have a rapid heart rate
- Worry about embarrassing or humiliating yourself
- Speak with an overly soft voice
- Feel self-conscious or fear that people will judge you negatively
- Avoid places where there are people
- Feeling completely dissociated
- Expect the worst possible consequences from a negative experience during a social situations

## Coping Strategies:

- Educate yourself - by reading more about Social Phobia through books, articles & watches videos
- Manage your thoughts - tell yourself kind and encouraging words
- Rehearse ways to greet and have conversations with people
- Have a hobby or join sports club and be around others with similar interests
- Gradually expose yourself to situations that trigger your Anxiety so that you could build confidence
- Pause and breathe, deep breathing techniques will help with Anxiety symptoms
- Practice good health habits like eating well, sleeping well, exercising and drinking enough water

## Treatments:

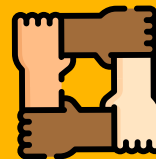
If you are concerned about having Social Phobia symptoms, contact your doctor or SADAG. You may need a referral to a Mental Health professional like a Psychiatrist, Psychologist, or Clinical Social Worker. Diagnosis is the first step for effective treatment.



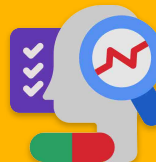
**Psychotherapy** - Cognitive Behavioral Therapy (CBT) is one of the most frequently used therapies to treat Social Phobia. CBT can help you learn and practice social skills, which is vital to help one cope better.



**Medication** - Psychiatrists or GPs may prescribe different types of medication which can be an effective treatment, including: Antidepressants, Beta-blockers and Anti-Anxiety medications.



**Support Groups** - Online or Face-face  
Joining a Support Group can help you feel less isolated and meet people that are going through similar difficulties. Through shared experiences, you can learn skills from others.



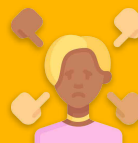
People with Social Phobia usually obtain the best results with a **combination** of medication and psychotherapy. Treatment may take some time to help you feel better.

## What are the Risk Factors

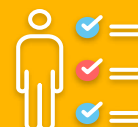
Several factors can increase the risk of developing Social Anxiety Disorder, including:



**Family history** - You're more likely to develop Social Phobia if your biological parents or siblings have the condition



**Negative experiences** - Teasing, bullying, rejection or embarrassing situations, family conflict, trauma or abuse, may be associated with this disorder



**Personality Traits** - Those who are shy, timid, withdrawn or restrained when facing new situations or people may be at greater risk