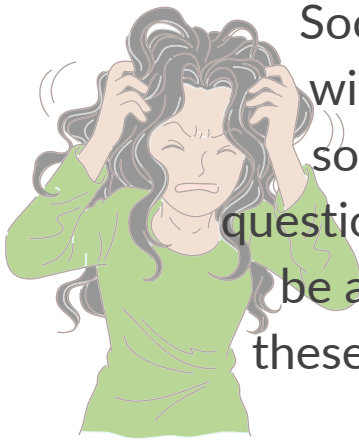


# SOCIAL ANXIETY

## What is it?



Social anxiety is a common type of anxiety disorder. Someone with anxiety disorder may feel symptoms of anxiety or fear in social situations like meeting new people, dating, answering a question in class, or having to talk to a cashier in a store. You may be afraid that you will be humiliated, judged, or rejected during these interactions. Social anxiety disorder usually starts in youth in people who are extremely shy. It is not an uncommon condition, research shows that about 7% of Americans are affected.<sup>1</sup>


## Symptoms<sup>1</sup>

When having to perform in front of or be around others, people with social anxiety disorder may feel:

- Blush, sweat, tremble, rapid heart rate, or mind going blank
- Nauseous or sick to your stomach
- Rigid body posture, make little eye contact, or speak very softly
- Very self-conscious in front of other people
- Afraid that other people will judge you



## How to Address it



The first step would be to talk to your doctor or health care professional about your symptoms. Your doctor may refer you to a mental health specialist if they feel that is necessary. Social anxiety disorder is generally treated with psychotherapy ("talk" therapy), medication, or both. Speak with your doctor or health care provider about which treatment you think would be best for you. Remember, it is okay to feel these feelings, and the best thing for you to do is to talk to someone about it as soon as possible.<sup>1</sup>