



## 6 Ways to Cope with Social Anxiety as a Teen

Feeling those nerves kick in before social situations? You're in good company. Social anxiety is a common challenge for many teens. The bright side? There are practical strategies to help you navigate those anxious moments. Check out these 6 coping skills designed to tackle social anxiety head-on:



### **Figure Out Your Social Goals**

Start by thinking about what matters to you socially. Do you want more quality time with your closest friends? Are you ready to put yourself out there and make new buddies? Do you want to feel more comfortable speaking up in class? Getting clear on your social values makes it easier to set goals.

### **Break It Down Into Baby Steps**

Don't try to go from 0 to 100 overnight. Set small, manageable goals to slowly expand your comfort zone. For example, if the idea of a big party is overwhelming, start by inviting a couple of friends over to chill. Want to feel more confident speaking up in class? Practice first by answering one question per week. Baby steps get you there!

### **Visualize Success**

Before a social situation, take 5 minutes to close your eyes. Visualize handling it with confidence. Picture yourself laughing, joining conversations, and having an awesome time. Envisioning success can help you achieve success! The brain believes what you tell it.

### **Pump Up Your Self-Care**

Stressed brains have a harder time coping. Make sure to eat well, exercise, get sleep, and do relaxing activities like yoga or meditation. Caring for your body and mind will help you feel calmer. You'll feel more self-assured to take on social challenges.

## **Accept the Anxiety**

It's totally normal to feel anxious sometimes. Especially after the craziness of the last few years. Don't beat yourself up or resist the anxiety. Recognize your feelings are valid. Pushing anxiety away often makes it worse. Accept it's there, then refocus on coping strategies that work for you.

## **Consider Counseling**

If anxiety is interfering with your life, counseling can help! Therapists teach skills to manage anxiety and process your fears. They create a judgment-free space to boost your confidence. No issue is too small - your mental health matters.

With time and practice, these strategies will help you feel more at ease in social situations. Be proud of yourself for focusing on self-care. You've got this!