

12% of U.S. adults will experience social anxiety disorder at some point in their lives.

Every year: **15 million** U.S. adults suffer from social anxiety. That is **7.1%** of the population. Studies have shown: Symptoms can occur as early as the **age of 13**. **36%** experience symptoms for **10 years or more** before seeking help.

4 WAYS TO OVERCOME SOCIAL ANXIETY



Individuals who have social anxiety disorder experience feelings of fear and worry in social settings, interactions, or one-on-one engagements.

1 Challenge Negative Thoughts

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When a person works to challenge negative thoughts and change their mentality, they make room in their mind to think rationally and find perspective in times of stress or panic.

2 Stay Away From Unhealthy Thinking

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Being aware of unhealthy thinking like assuming, catastrophizing, and personalizing is important for individuals when they need to reflect on their own reactions or thought processes.

3 Gradually Introduce Anxiety-Inducing Situations

3

Setting small social goals allows individuals to feel as if they are in control of situations. This helps turn environments that were once unbearable easier to handle.

4 Adopt Healthy Coping Mechanisms

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Many different strategies can be used to cope with anxiety, it's up to the individual to decide which mechanisms work best for them. Some of these can include breathing exercises or meditation.

At Malvern Behavioral Health, we provide focused recovery and compassionate care for individuals struggling with depression and other mood behavioral health disorders.