

Reducing internal focus in social situations

- 1 Try to focus less on your body (physical symptoms) in social situations. Focus on what's around you and breathe slowly & deeply.
- 2 Remember that most people can't tell that you're anxious.
- 3 Anxiety is something that we all experience and it doesn't make you appear weird or unusual.
- 4 Just because you are anxious, it doesn't mean that you're performing badly.
- 5 Remember, you're not the focus of everyone's attention - there's always lots of other things for people to talk/think about.
- 6 Try to concentrate on the situation you're having at that moment (don't think about how you appear/how well you're doing).
- 7 Don't replay parts of the conversation in your head - focus on the present moment.
- 8 Silence is okay and doesn't need to be filled.
- 9 Just **BE YOURSELF!** It's impossible for everyone to like each other so don't put on a front.

Be kind to yourself! We don't need to perform brilliantly in every social situation. NO ONE can ever achieve such high standards.