



# GUIDE TO HEALTH

Project with multiple beneficiaries under the ERASMUS+ Programme

## **Guide to health**

Integrative tools to manage children's anxiety (in school): guiding light to better mental health

Project code:

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# Overcoming Social Anxiety and Fear of Social Interactions

Social anxiety can significantly impair daily life. Simple interactions become daunting challenges. This presentation explores effective methods to manage social anxiety, focusing on building self-esteem, creating supportive environments, and developing key social skills.

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# Understanding Social Anxiety

## Definition

Social anxiety is a fear of social situations. It involves worry about scrutiny and judgement.

## Prevalence

It is a common condition. Many people experience it at some point in their lives.

## Symptoms

Symptoms include fear, avoidance, and physical reactions in social settings.

## Effects

The effects of social anxiety can impact relationships and careers.

# The Impact of Social Anxiety

- 1** Personal Relationships  
Social anxiety strains relationships. It makes forming connections difficult.
- 2** Academic Life  
It hinders participation in school. It can affect grades and overall learning.
- 3** Professional Life  
It limits career opportunities. Networking and presentations become problematic.
- 4** Well-being  
It reduces overall life satisfaction. Constant fear leads to increased stress.



# Root Causes of Social Anxiety

## Biological Factors

Genetics and brain chemistry play a significant role in anxiety disorders.

## Environmental Influences

Upbringing and social experiences can contribute to developing anxiety.

## Past Experiences

Negative events like bullying or public embarrassment can trigger social fear.



# The Role of Self-Esteem



Self-esteem is how you value yourself.



Low self-esteem can increase social anxiety.



Low self-esteem increases feelings of social fear.



# Developing Self-Esteem

1

## Self-Awareness

Understand your strengths. Identify areas for improvement.

2

## Positive Self-Talk

Challenge negative thoughts. Replace them with positive affirmations.

3

## Personal Goals

Set achievable goals. Celebrate your successes, no matter how small.



# Creating a Supportive Social Environment



## Supportive Relationships

Identify people who make you feel good. Spend more time with them.

## Communicate Needs

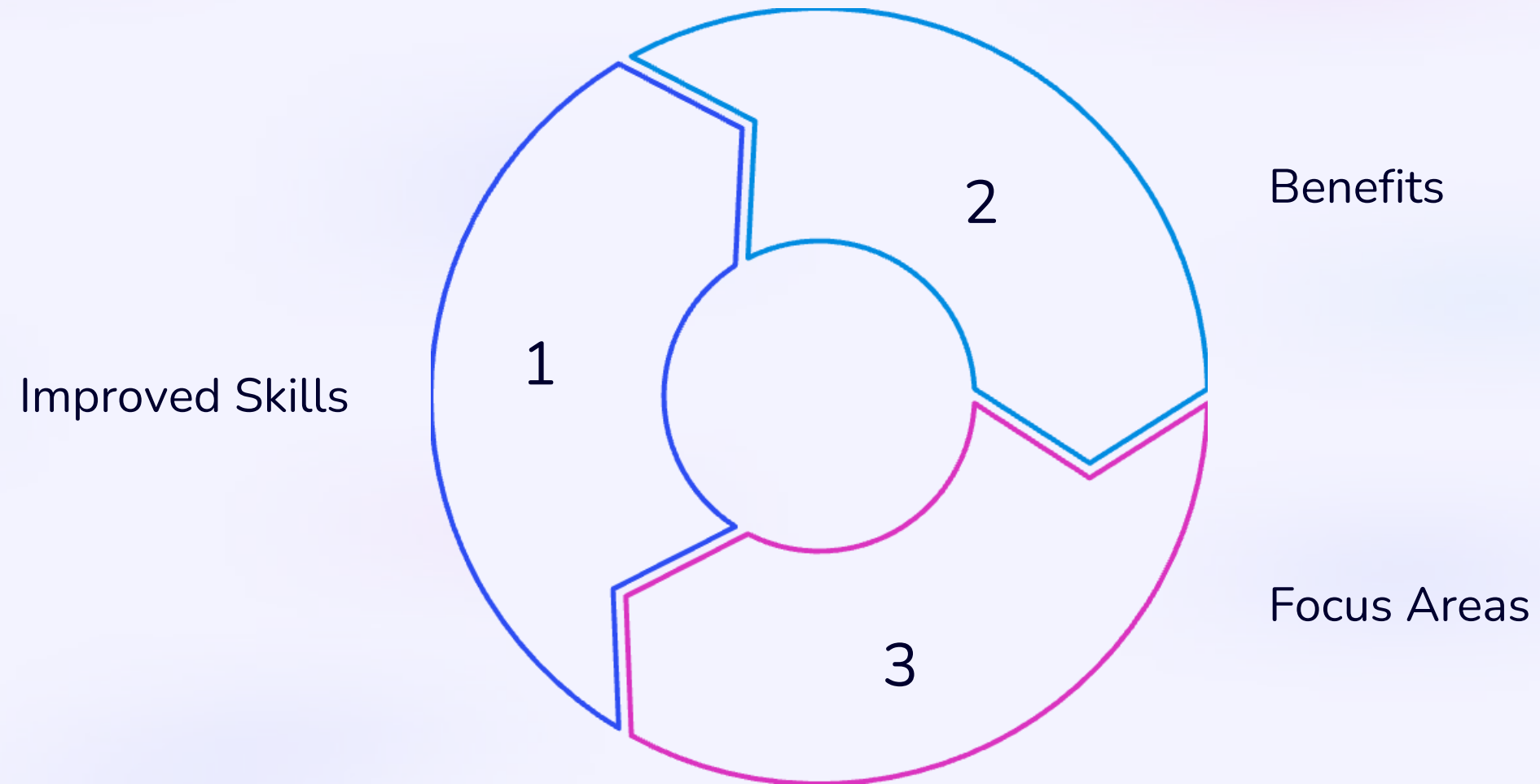
Tell friends and family what you need. Ask for their understanding.

## Build a Network

Connect with others who understand social anxiety. Join support groups.



# The Importance of Social Skills Training



Social skills training can significantly reduce anxiety. Improved communication is a key benefit. Focus on areas like active listening and conversation skills.

# Key Social Skills to Develop

1

Active Listening

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2

Non-Verbal

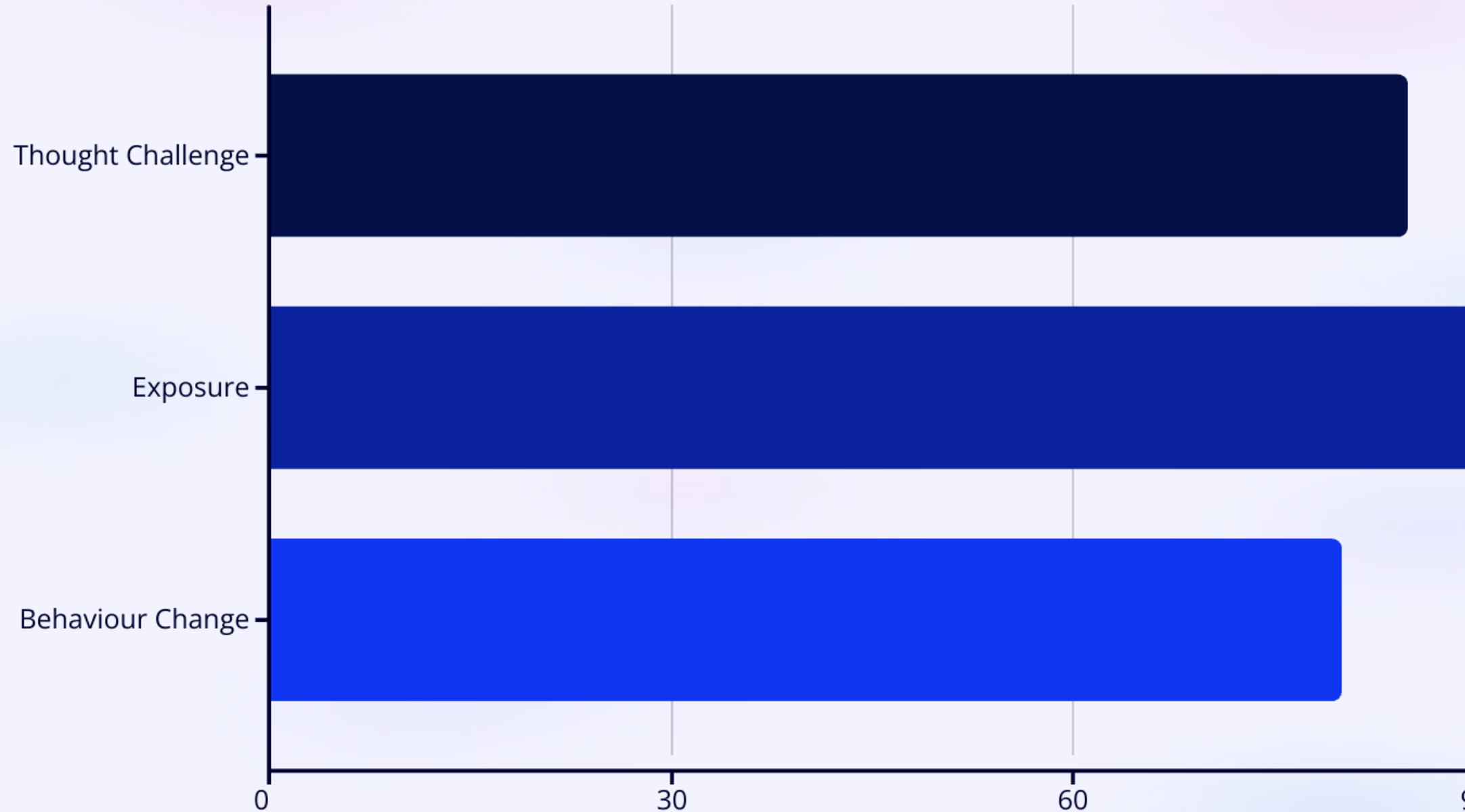
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3

Conversation

Active listening involves paying attention. Focus on understanding. Non-verbal communication includes body language. Conversation skills include starting and maintaining discussions.

# Cognitive Behavioural Therapy (CBT)



CBT is effective for social anxiety. It helps challenge negative thoughts. Gradual exposure reduces fear.

# Mindfulness and Relaxation Techniques



## Mindfulness

Reduces anxiety through focused attention.



## Deep Breathing

Calms the body by regulating breath.

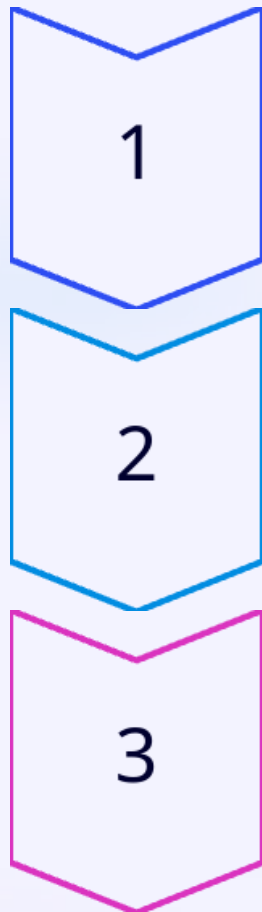


## Muscle Relaxation

Releases tension by tensing and relaxing muscles.



# Gradual Exposure to Social Situations



## Fear Hierarchy

List feared situations. Rank them by anxiety level.

## Realistic Goals

Start with easier situations. Gradually increase difficulty.

## Small Victories

Celebrate progress. Acknowledge each step forward.





# Technology-Assisted Interventions

100+

Mobile Apps

Anxiety management and relaxation tools.

VR

Virtual Reality

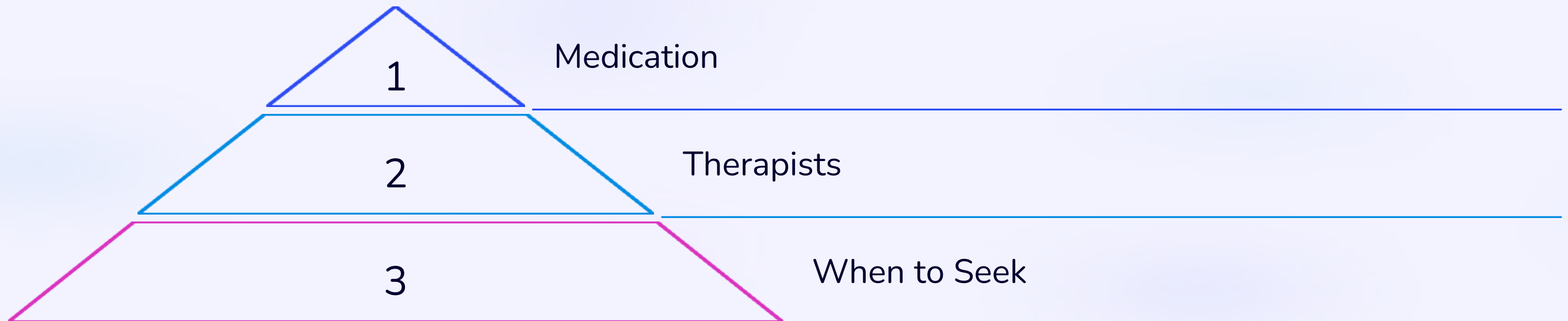
Safe exposure to social scenarios.

Online

Support Groups

Resources and community forums.

# Professional Help Options



Seek help if anxiety interferes with daily life. Therapists offer various treatments. Medication might be considered in some cases.



# Building Resilience

- 1** Growth Mindset  
Embrace challenges. See setbacks as learning opportunities.
- 2** Learn From Setbacks  
Analyse what went wrong. Adjust your approach.
- 3** Self-Compassion  
Treat yourself with kindness. Acknowledge your struggles.

# Maintaining Progress



Personalised Action Plan



Regular Self-Assessment



Adjust Strategies Needed

Personalized Action Plan



# Success Stories

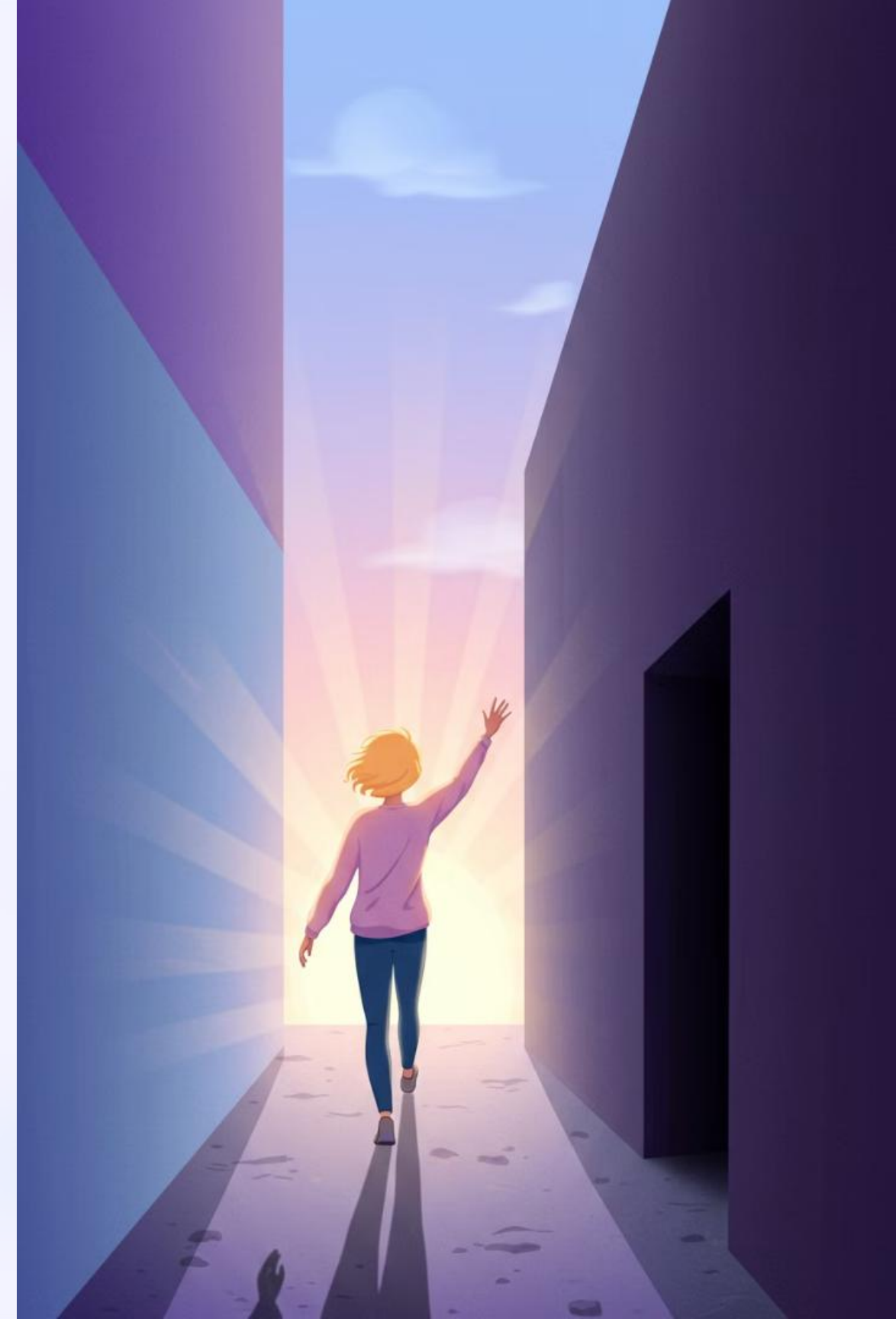


Real-life examples demonstrate that overcoming social anxiety is possible. Lessons include perseverance and seeking support.



# Conclusion: Embracing Social Confidence

Overcoming social anxiety is a journey. Key strategies include building self-esteem, creating supportive environments, and developing social skills. Embrace the journey. Your confidence will grow.



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