

Let's focus on social anxiety!

Social anxiety (also known as social phobia)

is a fear of social activities and situations

largely because you think others might be

judging you negatively. A common

experience is being afraid to speak in class.

Social anxiety can range from mild shyness to

overwhelming distress, it can stem from a

past negative experience

Social anxiety often starts in your pre-teen

years. Its surprisingly common!!

Fortunately, there are things you can do to

help yourself and there are people and

resources to support you.

What are the causes?

Genetics – some people appear to be born with a tendency to be more anxious than others

Family environment – parents who were very worried or anxious when you were growing up can influence the way you cope with anxiety in later life.

Specific incident or event – if you experienced shame or humiliation in a particular situation (i.e., embarrassed in classroom before) you may develop anxiety when asked to present or talk in class the next time.

Long-term stress can reduce your perceived ability to cope in certain situations

Social Anxiety can cause you to dread certain situations or avoid them altogether. It can cause worry, hot palms, racing heart, sweating, and trembling

KAIAPOI HIGH SCHOOL

HEALTH CLINIC

All students can access the health centre, just drop in (bring a pass) or book online). Open 10am – 2pm Tues/Wed/Fridays

These are some of the things that we can help with,

- Injuries
- Vision & hearing checks
- Exercise & Weight management
- Vaping/smoking cessation
- Asthma support
- Sexual health checks
- Family planning
- Mental health support
- Dental enrolment
- Sanitary products
- Sports injuries
- Blood Pressure checks
- Help with alcohol and drug worries
- Diet & Nutrition
- Skin issues

WHERE TO GET HELP

<https://www.anxiety.org.nz>

<https://www.healthnavigator.org.nz>

<https://thelowdown.co.nz>

Apps: Headspace or SPARX or Mentemia

Things you can try yourself

Cube Breathing: Breathe in to the count of 4, Hold it for the count of 4, breathe out for 4 and continue for 4 minutes

Grounding techniques: Focus solely on

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Just do it! Feel the fear and do it anyway. The more you practice the thing that makes you scared or anxious the easier it will become.

If you need any support for this issue or any other health matter, please drop into the health clinic

Tuesdays, Wednesdays, or Fridays