

The College Student's Guide to Social Anxiety



The Arise Society



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We help young adults that are struggling with anxiety, depression, gaming and other motivational issues. We provide personalized academic, therapeutic, and social support in a real-world setting, which gives our students the skills to reach their fullest potential. They attend college and benefit from group and individual therapy, 24/7 availability of mentor support, activities and social events. We empower students to regain a sense of confidence, independence, and health as they move forward in life.

Disclaimer: This ebook is meant to provide information to help you decide the right path for improving your mental health. It is not intended to replace therapeutic and/or medical advice.

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Introduction

Why are so many college students struggling with mental health issues today?

Mental health is a major concern on college campuses today. According to the American Psychological Association, more than one-third of first-year college students are impacted. Even though schools have made serious investments in mental health resources, colleges are still unable to handle the surge of mental health services needed.

The American Freshman annual survey from 2012 found the fewest numbers of freshmen describing themselves as emotionally healthy, and that women reporting this was at its highest point, 40.5%, since the question was asked in 1985, at which time the levels were less than half the current numbers.



Anxiety and depression continue to be the most common self-reported conditions, but other common issues include stress, eating disorders, ADHD, personality disorders, mood disorders, sleep issues, gaming addictions, and substance abuse.

While every student is unique, studies have reported that different factors cause young adults to suffer from mental health issues. For instance, genetics and family-of-origin patterns predispose many to mental health disorders, which can influence our mood, deeper psychology, fears, and negative coping behaviors.

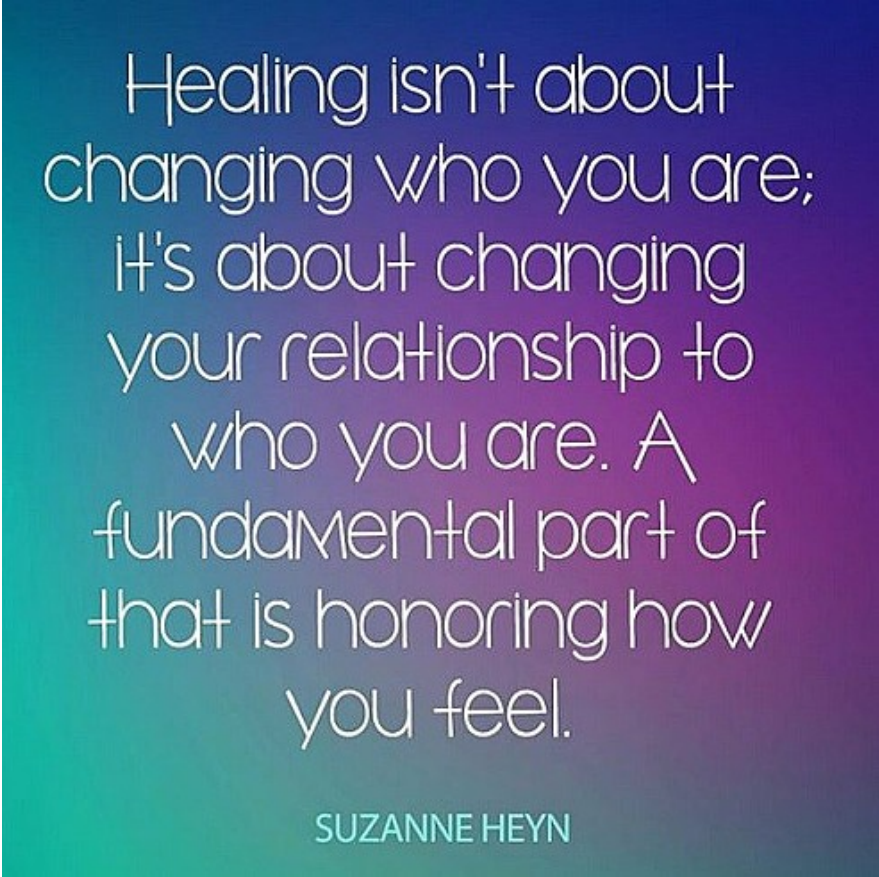
Additionally, moving from high school to college is one of the most significant transitions in a student's life. Yet as freshmen, many students have not yet developed organizational and time management skills, and/or skills related to daily living, social life, and academics. The result is that many college students experience an increased amount of anxiety that first year—and beyond.

With the ever-growing statistics of young people needing mental health counseling, colleges are less equipped to handle the influx of students seeking help. As colleges try to meet the growing demand, some students are slipping through the cracks due to long waits for treatment and a lasting stigma associated with mental health issues. Even if students ask for and receive help, not all cases can be treated on campus.

That's perhaps why, for many students, mental health issues seem to creep up for the first time when they start college. (The average age of onset for many mental health issues, including depression and bipolar disorder, is the early 20s.) Learning how to balance various aspects of college life is critical to lessening anxiety.

Like any other anxiety disorder, social anxiety is something that people struggle with every day. It can affect your way of life, keep you from living up to your potential out of fear and severe panic attacks, and can also keep you from having lasting relationships. The good news is that it doesn't have to. It is just a matter of accepting that you have this anxiety disorder, then working to find remedies for it.

There are many ways to treat it, such as therapy, taking medications, and trying natural remedies and lifestyle changes. The worst thing you can do is continue suffering in your daily life because you don't understand your form of anxiety, or you simply assume that there is nothing to be done about it. When, in fact, millions of people like you have anxiety, and many of them have learned how to cope with it.



Healing isn't about
changing who you are;
it's about changing
your relationship to
who you are. A
fundamental part of
that is honoring how
you feel.

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Part 1

Understanding Social Anxiety

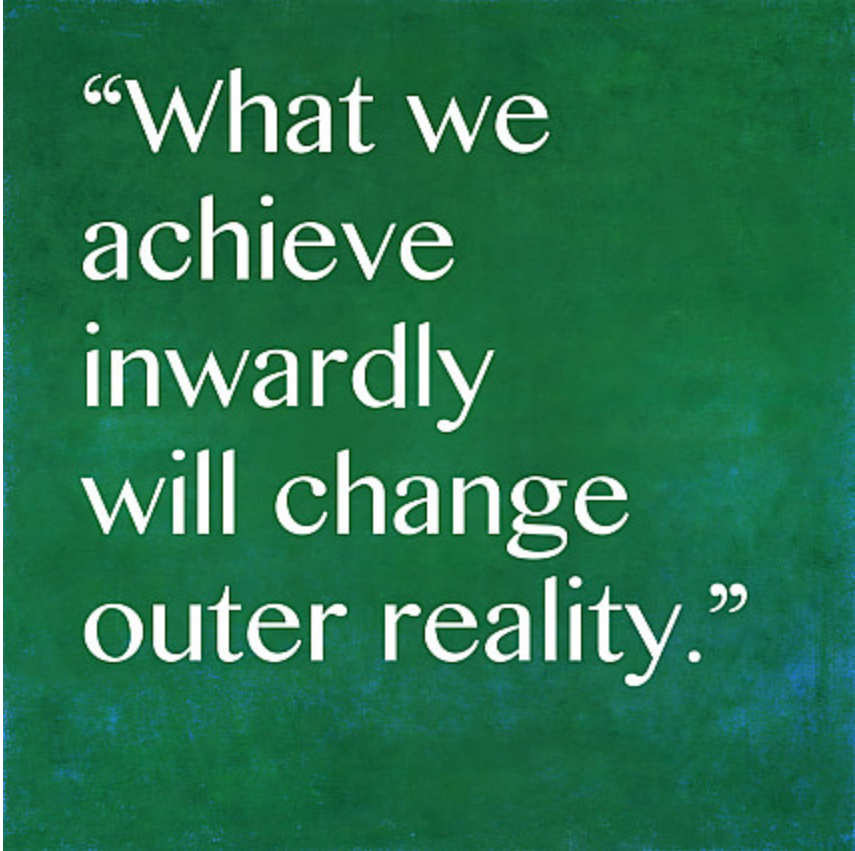
Social Anxiety Defined

Everyone feels anxious from time to time, and often for good reason—you may have a big test coming up, have concerns about relationships with friends, feel self-conscious in certain situations, or have a very realistic fear of something. In most cases, anxious feelings pass quickly.

On the other hand, social anxiety is a complex disorder that can affect anyone, no matter their age or gender. It is characterized by persistent fear of one or more social or performance situations in which the person is exposed to unfamiliar people or to possible scrutiny by others. The individual fears that he or she will act in a way (or show anxiety symptoms) that will be embarrassing and humiliating.

Anxiety is a problem when it's out of proportion to a given situation. Symptoms may be so extreme that they can disrupt daily life and can interfere with daily routines, making it difficult to complete school, interview and get a job, and have friendships and romantic relationships.

People with social anxiety disorder are also at an increased risk for developing major depressive disorder and alcohol use disorders. That's why it's more challenging to treat anxiety the longer someone has lived with it and has developed unhealthy coping behaviors to manage it.



“What we
achieve
inwardly
will change
outer reality.”

Social Anxiety vs Other Anxieties

There are different types of anxiety disorders, but some common ones are Generalized Anxiety Disorder, Panic Disorder, and Post Traumatic Stress Disorder.

Social Anxiety vs Generalized Anxiety Disorder

With Generalized Anxiety Disorder (GAD), there is an overwhelming sense of worry, fear, and stress. It is often not triggered by anything specific and can occur at any time or place. You can experience anxiety in crowds of people, like social anxiety sufferers do, but it may also happen when you are home alone, at work, in the car, on an airplane, even when enjoying time with friends.

With GAD, while you can have symptoms appear when in a crowd, that is not the only time you experience anxiety and panic symptoms. It is also not uncommon for someone to have both social anxiety and generalized anxiety disorder.

Social Anxiety vs Panic Attacks / Panic Disorder

Panic disorder is frequently linked to social anxiety, but just because you have panic attacks as a response to your social anxiety, it doesn't mean you actually have panic disorder.

Panic disorder is usually defined as panic attacks that are not always triggered by something and are very preoccupied with the fear of a recurring attack. This means while you can have a panic attack while in a crowd of people or another place where you feel uncomfortable or inadequate, you may also get panic attacks while in an elevator alone, when driving on the highway, and sometimes when waking up from sleep.

Social Anxiety vs Post Traumatic Stress Disorder

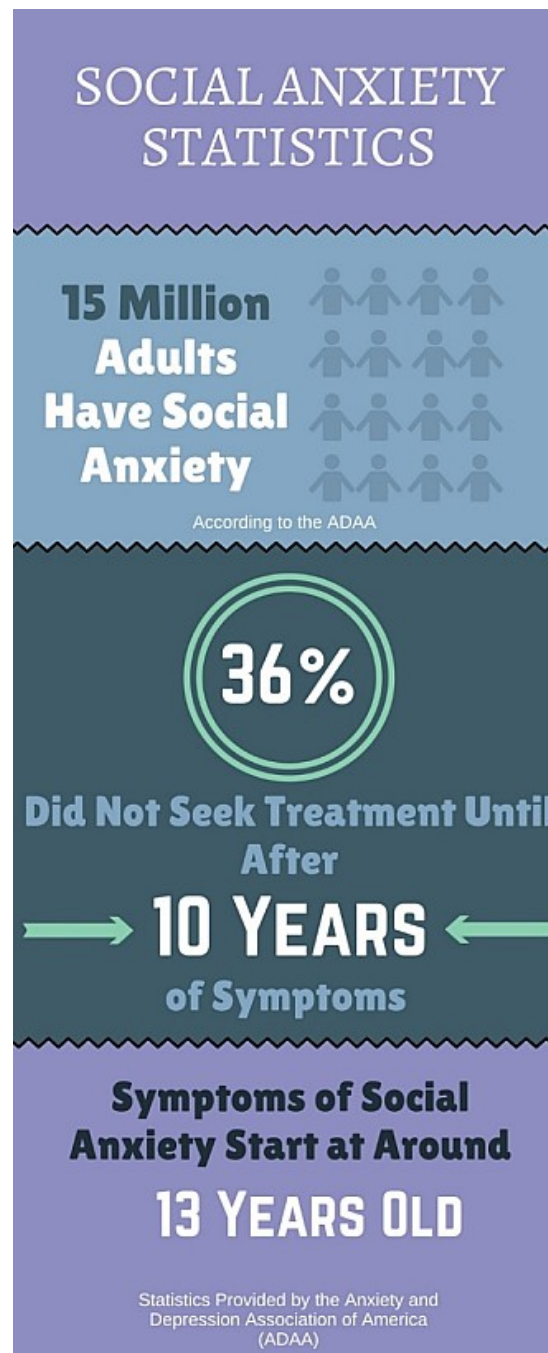
With post-traumatic stress disorder (PTSD), anxiety and panic are from a specific traumatic event you experienced, such as a natural disaster, serious accident, terrorist incident, sudden death of a loved one, war, violent personal assault such as rape, or other life-threatening events. This is mostly different from social anxiety, though there can be a few links. If your traumatic event occurred in front of an audience, then you might have social anxiety that worsens as a result of your PTSD. This can happen if you already had social anxiety and something horrifying happened, which causes the social anxiety to be worse.

How Common Is It

Anxiety disorders are the most common mental illness in the U.S., overall affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year. Social anxiety affects 15 million adults, or 6.8% of the U.S. population.

Social anxiety is equally common among men and women and typically begins around age 13. According to an Anxiety and Depression Association of America survey, 36% of people with social anxiety report experiencing symptoms for 10 or more years before seeking help.

People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.



Who Gets It

While most anxiety disorders and many mental health conditions are simply something you inherit through genetics, post-traumatic stress disorder is one of the only disorders that you can get from a specific situation or traumatic event. However, with social anxiety, it is probably something you have always had.



The primary causes for social anxiety include genetics, environment, and brain response.

Genetics

When talking about a genetic link for social anxiety, it is a type of inherited trait. This doesn't mean if your parent or grandparent has a type of anxiety, you will get it, but if you do have social anxiety, you should look at others in your family. Having an inherited trait like this is simply a higher risk factor. It is possible that among your siblings, you are the only one that inherited one of your parent's anxiety disorders.

Though one interesting thing to keep in mind in terms of an inherited trait, is that if you are aware of the social anxiety of your parent as a young child, it can become a learned behavior. At that point, it becomes difficult to determine if it was truly caused by genetics or your environment.

Environment

The psychosocial causes of social anxiety disorder include factors in the environment that influence you as you grow up. If one of your parents has social anxiety, then you are more likely to develop the disorder yourself. Your upbringing can also impact the likelihood that you will develop social anxiety. You are more likely to develop it if (a) as a child, you were not exposed to enough social situations and were not allowed to develop appropriate social skills, or (b) one or both of your parents was rejecting, controlling, critical, or overprotective. Children that do not form a proper attachment to their primary caregiver are at greater risk because they can't calm and soothe themselves when in stressful situations.

Brain Response

There is a specific structure in the brain known as amygdala, part of the limbic system, which has to do with your fear response to various people and situations. If this structure is overactive in your brain, it can cause you to have a higher-than-normal fear response. This in turn causes anxiety, frequently with social anxiety. If you find that you are fearful in many other situations as well, this is likely the cause of your social anxiety.

What To Look For

It is important that you get help so that you can go on to live a fulfilling, happy life. If you want to figure out what the cause of your social anxiety is, here are examples of what to look for:

- Does anyone in your family have social anxiety or other anxiety disorders?
- Do you remember your close relatives showing signs of social anxiety?
- Do you find that you experience a lot of intense fear very easily?

Risk Factors

Below are some common risk factors for developing social anxiety:

- *Experiencing negative reactions as a child*
One of the risk factors for developing social anxiety is when you have a reason to feel inadequate or fearful in a social setting. It is often brought on by being bullied or ridiculed in public or around your peers, or perhaps an embarrassing situation happened in front of other people. This isn't the cause of social anxiety, but it can be what triggered your anxiety.
- *Having other anxiety disorders*
Generally speaking, any time you have an anxiety disorder, it creates a larger risk for other disorders. This applies to social anxiety, generalized anxiety disorder, panic disorder, and others. If you know you have GAD, then suddenly you become more fearful in social situations, you might also have social anxiety along with your regular anxiety disorder.
- *Having a physical condition that creates more attention*
With some people, their social anxiety is triggered in part by something about them that creates more attention. You might feel more fearful around others because of a physical trait, disability, or unusual life situation that you believe creates more attention, often fearful it will be negative attention.
- *Suddenly experiencing more social demands*
This is also not a cause for social anxiety but can be a risk factor. Sometimes, adults don't experience the effects of their anxiety until they are in a more fearful situation. You might be fine in regular social situations, but when you need to speak publicly or do an oral presentation, you suddenly get severe panic attacks.

Common Symptoms

There are different symptoms associated with social anxiety, emotional, mental, and physical ones. Some symptoms might also be like other forms of anxiety, particularly if you experience panic attacks. Knowing these symptoms can help you discover when it is a good time to talk to your doctor or therapist about your social anxiety.

Emotional and Mental Symptoms

These will be related to how you feel, how you perceive certain situations, and where your thoughts and feelings go. The root of social anxiety is having an intense fear of being judged in front of others, so naturally experiencing that fear is one of the top emotional symptoms you are going to experience.

This fear can present itself in different ways, from making you feel anxious, to possibly causing physical symptoms like sweaty palms or a racing heartbeat.

After fear, you might experience an overwhelming sense of worry and anxiety, which is similar to what people experience with disorders like generalized anxiety disorder or panic disorder. With the right therapy and treatment, you can at least keep these worsening thoughts at bay and have a better handle on the emotional symptoms related to your social anxiety.

Physical Symptoms

You might notice some physical symptoms as well. These are often from the fear or worry you experience when in a social situation, though some of them can also be related to panic attacks experienced while going through this type of anxiety.

You can experience any of these symptoms along with the emotional symptoms when you are in a group of people that create that anxiety or fear for you.

Common physical symptoms include:

- Racing heartbeat
- Heart palpitations
- Nervousness
- Butterflies in the stomach
- Increased temperature
- Sweaty palms
- Tunnel vision
- Blushing or warmth in the face
- Dizziness and lightheadedness
- Shaking and trembling
- Trouble swallowing
- Dry mouth
- Muscle twitching

These can be physical symptoms of a panic attack coming on as a result of your fears in a social situation, but this is not always a full-blown panic attack.

What Can Trigger These Symptoms

Examples of things that can trigger emotional/mental or physical symptoms of social anxiety include:

- Starting college or a new job
- Having to speak in front of an audience
- Being asked questions in front of people you don't know
- Going to a restaurant or other places with a lot of people
- Just being around anyone you don't know
- Performing tasks in front of others, like at school or work
- Being around large groups of people, such as parties
- Attention, like during a birthday party or wedding

Keep in mind many symptoms, triggers, and situations you find to be the most difficult are personal to you.

Common Struggles

Daily Challenges

These are the things you are kept from on a regular basis, whether you have difficulty going out to eat with your co-workers during lunch, or you find attending each college class to be challenging. No matter who you are and what your life is like, you most likely have difficulties every day.

It is nearly impossible to avoid all people all the time – and it's not good for you. You need to have friends and family in your life, but if you have trouble being around others, it can make this tough. This is why you should seek treatment for your social anxiety instead of just letting it control everything you do or don't do.

Trouble Making Friends

Some people with social anxiety have one or two close friends, but when it comes to making new ones, it is more difficult and takes more time and effort.

This applies to everyone, no matter your situation or how old you are. Children and teens tend to have a harder time with this, but even as a young adult, you should understand the importance of strong, lasting friendships. When you can't easily talk to people at school, at a new job, or if you have difficulty at social events, it makes it hard to meet people you can continue spending time with.

Falling Behind in School or Work

Social anxiety can affect your life by keeping you from achieving your fullest potential. You are smart and talented, but you are falling behind because you are uncomfortable in school, not motivated, are afraid to raise your hand in class, or you keep skipping out on events where networking opportunities present themselves. In the professional world, it can keep you from succeeding or advancing your career because you don't go above and beyond, have difficulty networking, and can't be someone who talks in front of others.

Part 2

Living with Social Anxiety

All of this can sound worrisome, but the good news is that there is hope and you can live a happy life - even with social anxiety. If you just don't feel right or notice that someone else is struggling, it's important to get help sooner rather than later. Reach out to a friend or trusted adult and tell them how you feel or that you are worried about someone.



Identifying Triggers

A trigger is a situation, person, or event that can cause you to experience anxiety. In this case, it is often surrounding a social setting or situation that leads to those mental and physical symptoms. Typical triggers include:

Being the Center of Attention

One of the primary causes for social anxiety is being fearful of how you will be perceived. This often includes what you will look like or how you will seem like to others, particularly with someone who has a history of ridicule or bullying. Any time you are the center of attention it can be a major trigger for your social anxiety, such as at a birthday party, dance, wedding, the first day of school, training for a new job, or and similar activities.

Ending Up in a Crowd of People

A large number of people with social anxiety will be okay being with one or two people but have difficulty when in a large crowd. Your triggers might be related to being at a restaurant or busy coffee shop, a nightclub, or at a party or other social event.

Having to Speak in Front of Others

It is not uncommon to have a trigger related to talking in front of others. Social anxiety typically gets worse when you are expected to do something that draws in the attention of others, such as public speaking or presentations.

Meeting People for the First Time

People with social anxiety are often thought of as shy because they have trouble meeting new people, whether on their own or when introduced to by others. This is often from social anxiety when it goes beyond just being quiet or shy but causes extreme fear and worry.

Everyday Issues

There are a lot of small triggers that occur, including things that might seem silly to someone without this anxiety disorder. They include having to make small talk when you are in a public setting, being around a crowd of people while at an airport, going to the gym, or taking public transportation.

Journaling



Journaling is one of the top remedies to naturally help with anxiety, stress, and depression. For social anxiety, it gives you a creative outlet, but also lets you brain dump all those negative feelings you have been experiencing. Changing your mindset to a more positive one is important but can be hard to do when your brain feels full of the negative feelings.

If you're not sure what to write about, here are some options to start with:

- *Express your recent worries and fears*
Use the journal to write out your fears and worries, whether general or about something specific.
- *Make plans for the future*
These can be fun and exciting plans, such as a relative you want to visit, to a vacation, or ways you will advance your education and career. This helps you to start creative a positive mindset.
- *Record any triggers you have noticed recently*
Everyone with anxiety has certain triggers, even social anxiety. If you notice something is more prominent, record it so you can look back on it later.
- *Write a plan for helping with your anxious feelings*
After you have written down situations that made you fearful or anxious, try to come up with resolutions for dealing with them next time.



Tips for making journaling part of your daily routine:

- *Make It easy*
Don't make it a big deal, and it'll be simpler to get done. For example, it's easier to use a notebook and paper than a computer for most people. You can have the book in your bag or on your bedside table or wherever you plan to write in it.
- *Choose a time that works*
The best times to do it are early morning, first thing, or the last thing before you go to bed. However, that might not work for some people. If you know a better time, do it.
- *Get a drink and eat a snack*
You don't want to have any excuses or extraneous thoughts while you're writing in your journal. Make sure you're fed and hydrated.
- *Create a comfortable space*
It's easier to get into your thoughts if you're comfortable. Some people like using a desk, some a comfy easy chair, others their bed.
- *Add some relaxing music to set the mood*
Some people prefer silence but consider trying music that doesn't have words and is relaxing to stay calm and focused.
- *Reward yourself*
When you have been diligent for a month writing in your journal, take some time to read what you wrote, then reward yourself for doing it.

How to Use it With Other Treatments

Journaling can also help when you are using other remedies to help with your social anxiety. Your therapist might recommend using a journal in addition to cognitive behavioral therapy, or you can use the journal to record times when you exercise if that is what you are doing to help with the anxiousness and fears.

This is probably the suggestion you will see the most, because it allows you to record your anxiety and panic attacks, so that you can then look to see what triggered it. Keep in mind that journaling has more benefits than just finding your triggers. For example, it can help with:

- Expressing yourself without judgment
- Providing a creative space
- Giving you something to do when you're in a public setting
- Allowing you to distract yourself during moments of panic

If you are using the journal specifically to find triggers, then the main function is to write down all the times when you feel anxious. No matter how miniscule it seems, write down as many details as you can. This includes where you were at the time, who was around you, what you were doing, the date and time, and anything else you can remember. Also record how you felt and what you did to improve things. The more details you can include in your anxiety journal, the more helpful it is going to be.

Looking for Common Trends

After you start journaling, you are going to use that information to look for your triggers. Some of them will seem obvious in the beginning but there will be some things that might be less obvious at first. What you are looking for are patterns.

- Are all the days when you had severe anxiety on school days only?
- Do you have difficulty when you arrive somewhere and don't know anyone, or is it a little better if you arrive before others start piling in?
- Is it just talking in front of individuals, or with an audience?
- Have you noticed that how you feel about yourself on a particular day influences how much anxiety you have when around others?

These and other questions are what you should be asking yourself when trying to figure out what is triggering your social anxiety. This is going to help you work on avoiding the situations as much as possible in the future.

Trying to Avoid Your Triggers

As you begin looking at the patterns for your social anxiety, you will get closer to reducing them. Start by looking through your journal and/or trying to find a pattern of occasions when you had the worst anxiety, fears, or panic attacks.

- Look at the list of people or situations that causes you the most anxiety.
- Consider if it is something that can be avoided. Is it something you absolutely can't avoid, like public transportation, or can you try to re-work your patterns or schedules?
- Ask yourself if ignoring that situation will help or hurt your life. This is often the most difficult part. You don't want to hinder your success or happiness because you are avoiding every situation that causes anxiety.
- Make a scale of how much anxiety something causes you to determine if it is worth avoiding that trigger or not.
- Begin working on a new plan that helps you to avoid the worst anxiety triggers and accept the easiest ones.

Medication

If you are having difficulty managing anxiety, you may want to talk to your doctor or therapist about introducing medications. For many people, medication helps to make this type of anxiety manageable. For social anxiety, as well as other forms of anxiety, there are common medications that are specifically taken to ease anxiety and depression.

Anti-Anxiety Medications

Anti-anxiety medications are used for severe anxiety that comes on during a moment of fear and panic. These are not meant as long-term medications you take on a daily basis, but instead something that works quickly to ease acute anxiety, such as when you have a big speech to make or are going somewhere you know will cause severe anxiety and panic. Some anti-anxiety medications available are:

- Clonazepam (brand name Klonopin)
- Diazepam (brand names Diastat, Diazepam Intensol, Valium)
- Alprazolam (brand names Alprazolam, Xanax)
- Oxazepam (brand name Serax)
- Lorazepam (brand names Lorazepam Intensol, Ativan)

Antidepressants

While these help for depression, they are also helpful for most types of anxiety disorders, including social anxiety. These tend to be safer for taking longer term on a daily basis, as opposed to anti-anxiety medications that should be more for your panic attacks or severe anxiety episodes. Most antidepressants are classified as serotonin reuptake inhibitors (SSRIs). These include:

- Citalopram (brand name Celexa)
- Fluoxetine (brand names Prozac, Sarafem)
- Sertraline (brand name Zoloft)
- Escitalopran (brand name Lexapro)
- Paroxetine (brand names Paxil, Brisdelle, Pexeva)

Beta Blockers

Beta blockers reduce the effect that your anxiety has on your body, such as avoiding the sweating and rapid heart rate. Below are some your doctor might subscribe:

- Bisoprolol (brand names Monacor, Zebeta)
- Atenolol (brand name Tenormin)
- Acebutolol (brand name Sectrol)
- Nebivolol (brand name Bystolic)
- Nadolol (brand name Corgard)

Getting Support

Therapy helps you to learn coping mechanisms for surviving social anxiety every day, further helping to live a life that makes you happy and reduces the anxiety overall. Going to therapy will help you work through your problems and give you someone to talk to about anything and everything. While a therapist is there to listen, s/he can also talk you through your most worrisome events and give you tools to handle them in the future. The type of therapy you need will depend on the severity of your social anxiety, the cause, and whether or not you have other mental health issues as well.



Cognitive behavioral therapy is a type of psychotherapy for people with anxiety, as well as some other mental health disorders. This type of therapy is not just about getting to the root cause of your anxiety, but it also gives you the tools to manage it. In essence, you will learn how to change your thinking to replace negative thoughts and fears with positive thoughts. It can take time, just like any other treatment for anxiety, so be patient with it and keep learning and improving.

At [The Arise Society](#), we combine the therapeutic setting with independent college life to form an integrated living experience. Group therapy as well as individual therapy, mentor-student work, study hall, activities, and other experiences within your living space provides our professionals with maximum exposure to your daily life and challenges. Positive, healthy relationships have the greatest opportunity to be developed naturally in this type of environment. Our method is to maintain a deep level involvement and influence, knowing as much information about your life in order to understand and overcome obstacles as they present themselves.



Having a sense of belonging, acceptance, and support from the people around us is fundamental to mental health. You might often struggle with independence due to a lack of social development, or find it challenging to develop new relationships outside of family and friends you've experienced in the past. Being around people you know and trust can help improve your mood and confidence.



Holistic Approaches

Many people with social anxiety have developed unhealthy ways to handle anxiety and fears, which might include drinking alcohol regularly, smoking, recreational drugs, drinking too much caffeine, or emotionally eating to deal with these emotions. It is important that you find healthier ways to cope with social anxiety.

- *Changing your diet*
This can definitely help with your anxiety. If you are eating foods that have a lot of sugar and fat, it could be affecting your hormones and cortisol levels, which might in turn cause more severe anxiety side effects. Try to eat a healthy diet that is well-balanced and includes plenty of nutrients, water, juices, and less processed food. Nutritional deficiencies can exacerbate mental health disorders, while a nutritionally complete diet can help alleviate symptoms. Some of the most common natural vitamins that may help anxiety include: Omega-3 Fatty Acids, Probiotics, B Vitamins, and L-Theanine amino acid.
- *Reduce stimulants*
Stimulants can make anxiety worse, increase your worries, and speed up your heart rate during a panic attack. Try to cut back on stimulants like caffeine, sugar, and cigarette smoking. Talk to your doctor if you need help quitting.
- *Herbal remedies*
There are herbal remedies (in the form of herbal teas, capsules, or tinctures) that have been known to soothe and calm you to the point where you can control your responses. Some examples include: Chamomile, Valerian, Lavender, St John's Wort, Passion Flower, Oatstraw, and Skullcap.
- *Get plenty of sleep*
Lack of sleep can also have a negative effect on your anxiety. Sleeping more is not going to cure your social anxiety, but it can reduce the severity and frequency of its effects, especially if you get panic attacks as a result of the anxiety. Try to get 6-8 hours of sleep a night and talk to your doctor if you are struggling with insomnia.
- *Exercise daily*
Getting regular exercise is a great way to start feeling better. Exercise releases endorphins, which boosts your mood and can make you happier overall. When you exercise outside, whether it is going for a walk or heading to the gym, you start getting used to other people in an environment you feel more comfortable with.

- *Natural health and hobbies*
Some additional natural health methods to explore for anxiety include aromatherapy, acupuncture, tai chi, meditation, yoga, Reiki, relaxation tapes, and relaxing hobbies such as gardening.
- *Consider getting a pet*
For some people, having a pet at home provides stress and anxiety relief. Dogs and cats are great, but it can be any type of pet you prefer. With dogs, you can bring them places with you to make you feel more at ease as well.
- *Join a support group*
This might take some time working up to, but when you feel ready, consider a support group. If you can go with someone you know who also has social anxiety, it will probably help you feel more comfortable.
- *Do something nice for someone*
Research has shown that kind deeds have a positive impact on mood.
- *Self Advocacy*
Learning to advocate for yourself is a big part of acclimating to college life and moving forward toward independence. You could start by setting up meetings with an academic advisor or learning specialist to discuss your learning style and maximize on your academic experience. Advocacy might also be needed to navigate the social landscape in dorms and other situations.

Unexpected Advantages



We spend hours and hours dwelling on negative and fearful things in our lives. We worry about what could go wrong, instead of focusing and paying attention to the rational, the positive and the good. While social anxiety can be a burden – when you have difficulty making friends, socializing even with people you know and love, and trying to have more adventures outside the home – it is possible that it is benefiting you in some ways. By realizing the ways in which it can be positive, you are able to start working on a healthy mindset that helps you manage the difficult times.

Here are some ways your social anxiety may be helping you:

Focus More on Yourself

One benefit to having social anxiety is that you spend some time with yourself, working on your problems, and having much-needed quiet time.

Spend More One-on-One Time

You can make lifelong friends or form a really strong bond with someone when you share experiences and have intimate time with them, as opposed to a crowded party where you don't spend much time with each person.



Start Healthier Habits

People with anxiety also try to find natural remedies, like with proper diet, exercise, better sleep, and journaling. You got the motivation to start healthy habits with your anxiety and it will help your physical health and wellbeing also.

Inspired to Seek Counseling or Therapy

Many people with social anxiety will get help by seeing a counselor or therapist. It can help you work out your problems, turn to someone with your negative feelings, and get to the bottom to issues bothering you that you didn't even realize before. If you didn't have anxiety, you might have never gone to therapy and discovered all of the ways it benefits you.

Now What?

Take Back Control of Your Life

When you seek out treatment options, are patient with yourself, and surround yourself with people who understand your anxiety, your life will be much happier. Being organized, feeling connected, and having ways to unplug and relieve stress are important to reduce anxiety.

Find resources that can help you accomplish these tasks. If you're unsure of the steps to take to better cope, or if you feel you need more support than what might be offered on your college campus, you can always ask the counseling office, your advisor, or a learning specialist for additional referrals.



The Arise Society can help.

We help young adults that are struggling with anxiety, depression, gaming or other motivational issues.

We are a transitional living, supportive therapeutic college environment, where college students – who have not been succeeding academically or are too overwhelmed with the everyday college life – come to us for a limited period of time.

Our team of trained professionals will help guide you to get back on track with personalized therapeutic support, academic support, and social support. Our participants come from colleges around the country to seek treatment, to gain experiences to cope in the real world, to have access to a mentor 24/7, and get academic support while attending Utah Valley University. After completion of our program, you can transfer back to your previous college to graduate.

We are located in the center of Utah, adjacent to Utah Valley University's campus. Our beautiful state offers a safe environment with an abundance of outdoor activities. From hiking and swimming in the summer to skiing and snowboarding in the winter, Utah's natural beauty creates exciting experiences, while promoting feelings of tranquility in every season.



Contact Us

The number of students needing help may be higher than ever, but you can come to The Arise Society to get better, regain a sense of confidence, independence, and health as you move forward in life.

We are here to help you!

For more information or to speak to a program professional, please call (801) 300-9995 or email us at admissions@thearisesociety.com



www.thearisesociety.com

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