



November 2023

Lunch & Learn
Social Anxiety

Hosted By

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Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.

Meeting Agenda

- Introductions to Today's Topic:

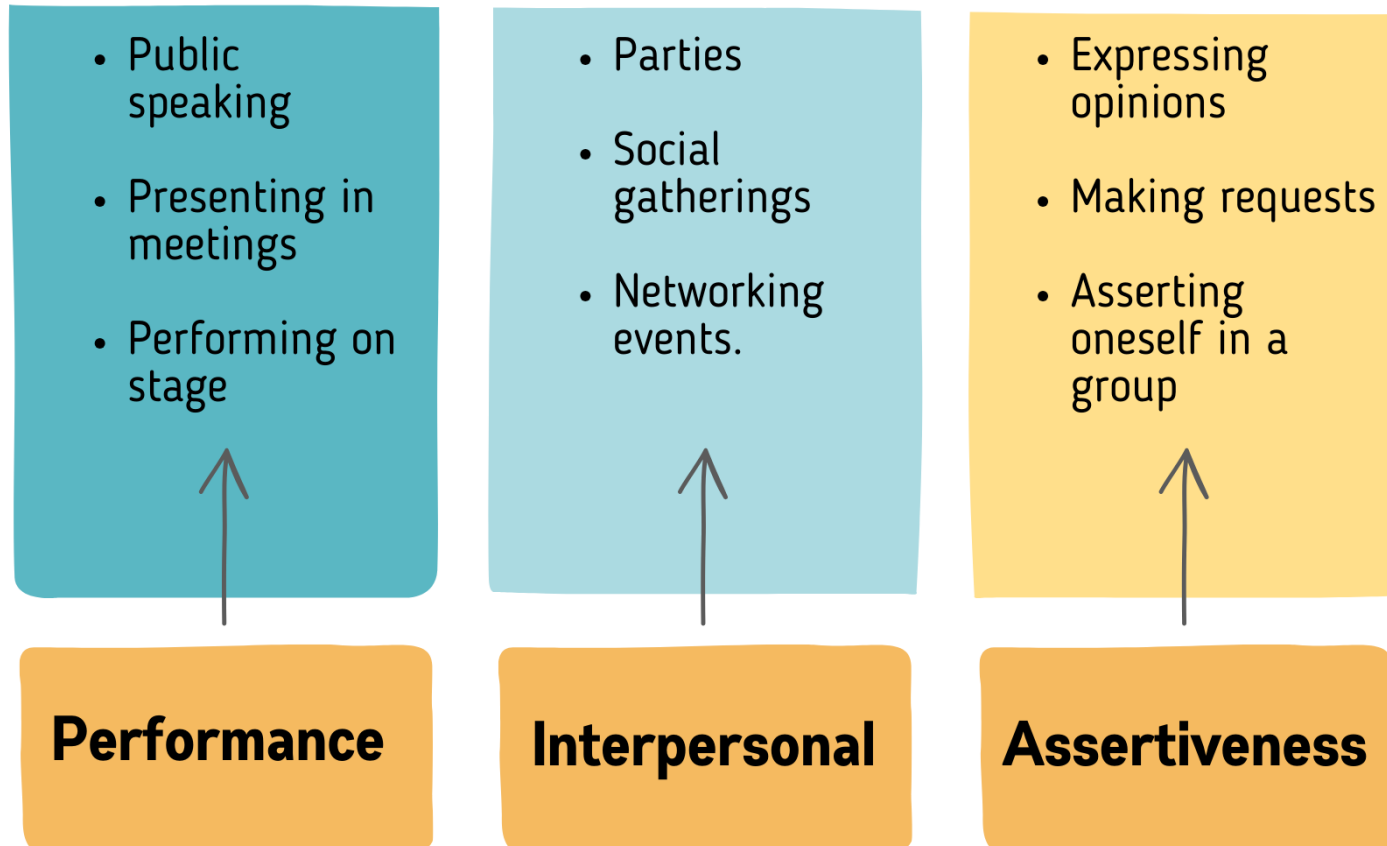
Social Anxiety Disorder (SAD)

- Join Us for **Community Empower on December 5th**
- Survey

Social Anxiety, Defined

Social anxiety, or social anxiety disorder, is a mental health condition characterized **by an intense fear of social situations** and **a fear of being judged or embarrassed** by others. This fear can be so severe that it **disrupts daily life.**

TRIGGERING SITUATIONS





Risk Factors

- Biological Factors
- Environmental Factors
- Psychological Factors
- Developmental Factors

Biological Factors

Genetic Predisposition

- Family history of anxiety disorders are more likely to develop the conditions themselves.

Chemical Imbalances in the Brain

- Social anxiety has been associated with alterations in the levels of neurotransmitters in the brain. Which plays a crucial role in **regulating mood, emotions, and anxiety** levels.

Environmental Factors

TRAUMATIC EXPERIENCE

Public humiliation, Bullying or Social Rejection

CHILDHOOD

Lack of positive social interactions.

SOCIETAL PRESSURE

Achievements or social status



Psychological Factors

Low Self-Esteem

- Can lead to a heightened **fear of judgment** and evaluation in social situations, contributing to social anxiety.

Perfectionism

- The tendency to **set extremely high standards** for oneself and fear of making mistakes can contribute to social anxiety.

Developmental Factors

Early social Experiences

- Early social experiences, such as interactions with caregivers, peers, and family members, play a crucial role in shaping a person's social development.

Attachment Styles

- Attachment theory suggests that **the quality of early attachments** formed with caregivers can influence an individual's comfort with intimacy and social interaction.

The Four Rs

RECOGNIZE

REFER

RELATE

RESTORE



RECOGNIZE

a mental health problem

**Social
Anxiety
Manifest in
different
ways**

Physical symptoms

Emotional symptoms

Behavioral Symptoms

Physical Symptoms of SAD

- Rapid heartbeat or palpitations
- Sweating excessively, especially in social situations
- Trembling or shaking
- Blushing or feeling flushed
- Dry mouth or difficulty swallowing
- Nausea or stomach discomfort
- Muscle tension or stiffness
- Feeling dizzy or lightheaded
- Shortness of breath or feeling like you're choking

Emotional Symptoms of SAD

- Intense fear or dread before social situations
- Persistent worry about being judged, criticized, or embarrassed
- Fear of humiliation or rejection
- Overwhelming self-consciousness
- A strong desire to avoid social situations or events
- Anticipatory anxiety (worrying excessively about upcoming social events)
- Feelings of inadequacy or low self-esteem
- Guilt or shame after social interactions

Behavioral Symptoms of SAD

- Avoidance of social situations or places where there may be a lot of people
- Difficulty making eye contact
- Speaking quietly or with a shaky voice
- Difficulty starting or maintaining conversations
- Avoidance of situations where you might be the center of attention
- Escaping or leaving social situations early
- Using substances (alcohol or drugs) to cope with social situations

REFER

to a mental health professional



When to seek professional help

- Persistent and Intense Fear
- Avoidance Behavior
- Impact on Daily Functioning
- Isolation and Loneliness
- Physical Symptoms
- Interference with Education or Career Goals
- Unhealthy Coping Mechanisms



Common Treatment Options



Cognitive Behavioral Therapy



Exposure Therapy



Mindfulness-Based Stress Reduction (MBSR)



Medications



Group Therapy



Lifestyle changes

Navigating the System

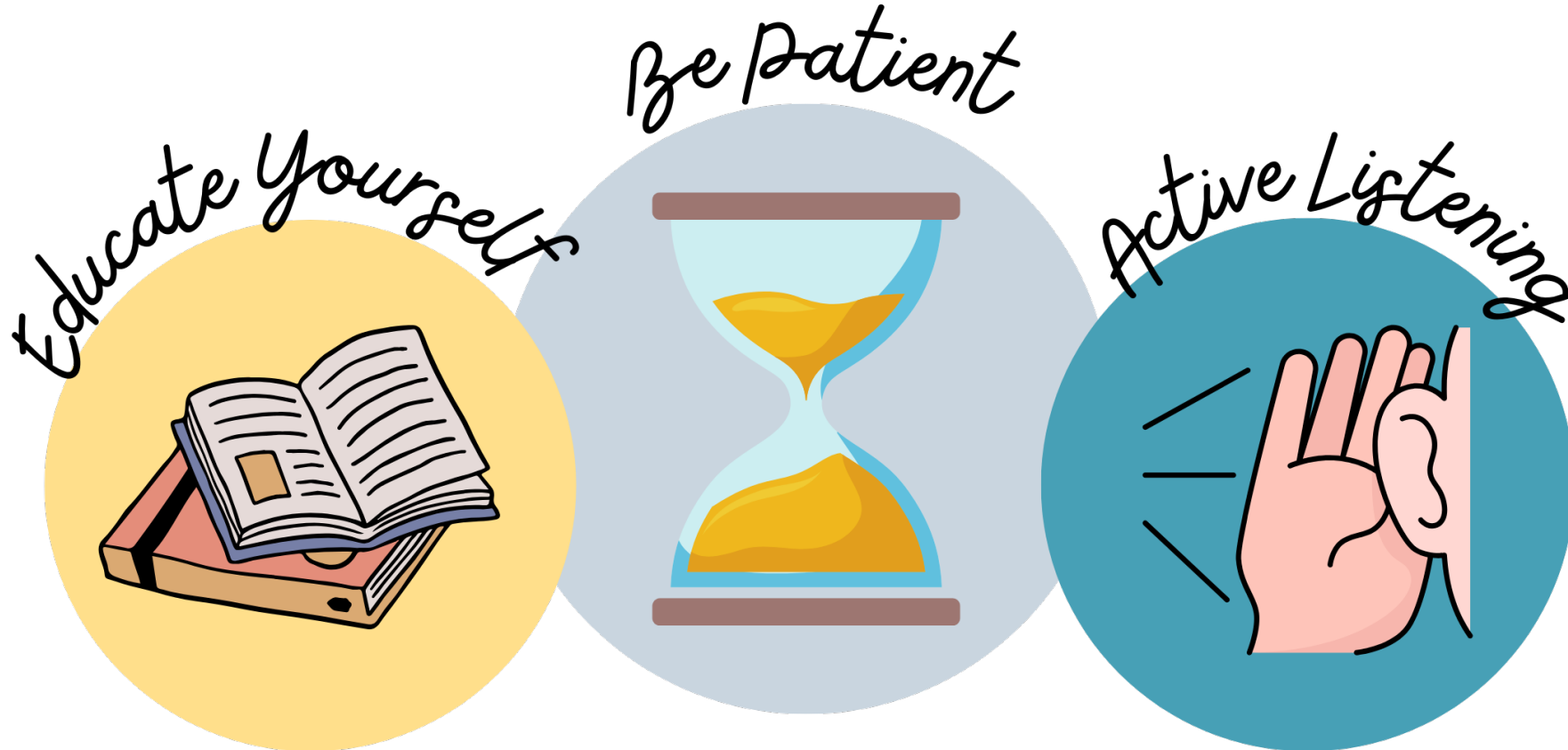
PROVIDERS	TYPES OF LICENSURE	PROVIDER SPECIFICS
Primary Care Physicians	LPC, LMFT, LCSW, LCDC	Clientele
Counselors	PhD, PsyD	Specialties
Clinical Psychologists	MD, DO	Treatment Approach
Psychiatrists		Insurance, Sliding Scale
Hospitals & Treatment Facilities		Treatment Facilities



RELATE

to those in distress

Supporting someone with Social Anxiety



Supporting someone with Social Anxiety

Avoid Judgment or Criticism:

Avoid making negative comments or judgments about their social anxiety. Instead, offer reassurance and encouragement.

Respect Their Boundaries:

Respect their need for space and time to recharge after social interactions. Avoid pushing them into situations they're not ready for

Offer Encouragement:

Provide positive reinforcement when they take small steps toward facing their fears or engaging in social situations. Acknowledge their efforts.

Supporting someone with Social Anxiety

Invite Them Gently:

When inviting them to social events, do so in a non-pressuring way. Let them know it's okay if they choose not to attend, and reassure them that you value their presence, whether they come or not.

Plan Low-Key Activities:

Suggest activities that are low-key and have a smaller number of people, as this can be less overwhelming. Consider quieter settings where they may feel more comfortable.

Avoid Drawing Attention:

In social situations, try not to draw unnecessary attention to them. Avoid putting them on the spot or asking probing questions about their anxiety.

Supporting someone with Social Anxiety

Offer Assistance in Social Situations:

If you're at an event together, offer to be their social "wingman" by introducing them to others and helping them navigate conversations.

Encourage Self-Care:

Remind them to prioritize self-care activities, such as exercise, relaxation techniques, and maintaining a balanced lifestyle, which can help manage anxiety.

Celebrate Progress:

Celebrate their achievements, no matter how small. Acknowledge their courage and progress in facing social situations.

Encourage Professional Help:

Gently suggest seeking support from a mental health professional and offer to assist in finding a suitable therapist or counselor.

Hope Line



Relief. Just a Call Away.

Gateway to Hope Trainings



Questions?



- Use the Chat function or unmute yourself to ask any questions.
- If you think of any questions later, reach out to me!

Mental Health Gateway Websites & Mobile APP



MentalHealthGateway.org
MentalHealthGateway.org/es



[Mental Health Gateway](https://MentalHealthGateway.org)

We're Here for You!

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GTH: GATEWAY TO HOPE

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join the Coach Facebook Group!

