

PRACTICAL WAYS  
TO REDUCE SOCIAL ANXIETY  
LONELINESS AND SOCIAL  
ANXIETY

We are hard wired to care what others think of us and to fear social judgments, so try not to beat yourself up for being human.

## FIRST

It helps to try to remember that being embarrassed is not REALLY as dangerous as it feels.

## SECOND

Avoidance is not your friend. The more you avoid the things that scare you, the more they scare you.

## THIRD

If you want to feel more connected and less lonely, you will have to tolerate the fear of being embarrassed or judged, in small steps, while being kind to yourself.

## FOURTH

Remember that social media is curated. Everybody feels like a lonely loser some of the time, but most of us only post the good bits.

## FIFTH

Thoughts are not facts.  
“I’m the only one who feels this way.”  
“Everybody else has it together.”  
“There must be something wrong with me.”  
“Everybody is looking at me/judging me.”  
Just because your old brain comes up with this stuff does NOT make it real.