

MINDFULNESS MEDITATION TO MANAGE SOCIAL ANXIETY

WORKSHEET

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Mindfulness meditation is helpful for those with social anxiety because it can help them develop greater self-awareness and non-judgmental acceptance of their thoughts, emotions, and physical sensations in the present moment.

By practicing mindfulness, individuals can learn to observe their anxious thoughts and feelings without becoming overwhelmed by them, which can lead to a reduction in anxiety and improved overall well-being.

Mindfulness meditation can also help individuals cultivate a more compassionate and accepting attitude towards themselves and others, which can help reduce feelings of social isolation and increase feelings of connection and belonging.

Exercise 1: Body Scan Meditation

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths.
3. Begin to scan your body from head to toe, noticing any areas of tension or discomfort.
4. As you become aware of each area, take a deep breath and visualize the tension melting away.
5. Continue to scan your body and focus on your breath, remaining in the present moment without judgment.
6. When you're ready, slowly open your eyes.

Exercise 2: Loving-Kindness Meditation

1. Find a quiet and comfortable place to sit.
2. Close your eyes and take a few deep breaths.
3. Begin to focus on a person that brings you joy or happiness.
4. Visualize that person and repeat the phrase, "*May you be happy, may you be healthy, may you be safe, may you live with ease.*"
5. Continue to repeat this phrase, focusing on the person and sending positive thoughts and energy.
6. When you're ready, slowly open your eyes.

Exercise 3: Mindful Breathing Meditation

1. Find a quiet and comfortable place where you can sit and focus for a few minutes without distractions. You can sit in a chair or on a cushion, whichever feels most comfortable for you.
2. Start by taking a few deep breaths in through your nose and out through your mouth, and then let your breath settle into a natural rhythm.
3. Focus your attention on the sensation of your breath moving in and out of your body. You can focus on the sensation of the breath moving in and out of your nostrils, or on the rise and fall of your chest or belly.
4. Whenever your mind starts to wander, simply bring your attention back to your breath. You can label your thoughts as "thinking" or "planning" or "worrying" and then let them go, and return your attention to your breath.
5. If you notice any physical sensations in your body, such as tension or discomfort, simply acknowledge them and let them be without judgment.
6. Practice this exercise for 5-10 minutes to start with and then gradually increase the time as you become more comfortable with the practice.

Mindfulness breathing meditation can help individuals with social anxiety by increasing their self-awareness and improving their emotional regulation.

This type of meditation helps people to be present in the moment and reduce distractions, allowing them to focus on their breathing and notice their thoughts and emotions without judgment. This can lead to an increased awareness of their automatic negative thought patterns, which can be particularly helpful for people with social anxiety.

By being more aware of their thoughts and emotions, individuals can learn to identify and challenge their negative self-talk, which can contribute to decreased levels of social anxiety.

Additionally, by focusing on their breath, individuals can improve attention-control, which allows them to decrease self-focus during social situations and increase attention to external stimuli, which can help them to feel more connected and present in social situations.

Overall, regular mindfulness breathing meditation practice can be a valuable tool for individuals with social anxiety to manage their symptoms and improve their overall well-being.

We also invite you to try our guided meditations designed for people with social anxiety. You can find them, along with abundant information regarding the benefits of mindfulness meditation, under conquersocialanxiety.com/meditation/.