Sharpen Your Social Skills

Coming back from a year of isolation and exhaustion is tough and can be daunting. We all have been through a difficult and challenging year since the pandemic started and everyone’s social experiences have been impacted in some way. How do we manage the social anxiety, enhance our social skills and connection? How do we become more comfortable and enjoy social situations again? What does healthy coping look like if we are struggling with the anxiety of returning to “normal?” The Sharpen Your Social Skills workshop is here to lessen that anxiety and make this transition of returning to “normal” less intimidating. From this workshop, you will increase your healthy communication skills, reduce the impact stress has on your communication skills, and learn strategies like setting boundaries or practicing self-advocacy to help you get back out there and feel confident in social settings again.

Signs and Symptoms addressed in the Workshop:
- Find it challenging to be with other people (especially those you don’t already know)
- Self-conscious in front of other people (feel embarrassed or awkward)
- Afraid others are judging you
- Avoiding places where there may be people
- Psycho-somatic symptoms of social anxiety:
  - Sweaty, trembling hands
  - Stumbling over words
  - Rapid heart rate
  - Feel nauseous or sick to stomach
  - Sleep difficulties

Quick coping tips/strategies learned in the Workshop:
- Identify the causes of symptoms listed above
- Improve the communication with those around you
- Participate in recreational activities like Greek life, SAIL clubs, or organizations like the Multicultural Engineering Program to relieve stress; and promote socialization, friendships, and other hobbies.
- Consider daily nutrition needs to socialize with others
  - Challenge those thoughts of “I wasn’t invited” to “Can I join you for lunch?”
- Learn and practice meditation and mindfulness exercises
  - Highlighting Mindful Mondays, You@Mines, and TAO
- Set achievable goals to improve social interactions (i.e., Getting lunch with a friend two times a week)
- Practice self-care in the form of positive self-talk
  - Challenging thoughts of comparison to those around you
- Set boundaries in your personal and professional life to set you up for success
  - Challenging what success means to us
- Learn how to say “no” and “yes” effectively to enhance your social connections

To learn more, attend the Sharpen Your Social Skills Wellness Workshop!