Sharpen Your Social Skills

We have all been impacted socially by the last few years of isolation, online work, social distancing and abruptly schedules. Join this workshop in learning how to lessen any awkwardness or anxiousness you might feel as you come to college and make new social connections. During this workshop, you will increase your effective communication skills, reduce the impact stress has on your day-to-day life at Mines, and learn strategies to feel confident.

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 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, meditation apps
- 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
  - Defining 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!