



# COUNSELING CENTER

## Sharpen Your Social Skills

Everyone has a different level of comfort and confidence with being social, making or maintaining friendships or speaking up about a concern. Join this workshop in learning how to lessen any awkwardness or anxiousness you might feel as you live college life and make and sustain 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 in your social circles.

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)
- Worry others are judging you
- Isolating, missing classes or meetings, find it difficult starting or maintaining relationships
- Difficulty with addressing a problem with a friend/roommate/professor/family member
- Psycho-somatic symptoms:
  - 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 activities, clubs, orgs, recreation or events on campus or in your community.
- Set small, achievable goals for socializing or addressing concerns.
  - Ask for help, invite someone to join you for lunch or a walk, focus on what you are doing well.
- Learn and practice meditation and mindfulness exercises provided by You@Mines, meditation apps or Student Rec Center yoga classes.
- Practice self-care in the form of positive self-talk.
  - Challenging thoughts of comparison to those around you
- Learn how to say “no” and “yes” effectively to enhance your social connections.

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

