

TIPS FOR BETTER DAILY COMMUNICATION

These are tips summarized and creatively adapted from the experiences shared by stage performers.



Pre-Practice and Preparation



Avoid Overthinking and Manage your Mindset (e.g., Distract yourself by listening to music)



Smile and Engage Positively with the Audience



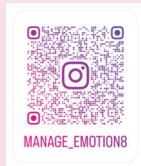
Find Your Own Relaxation Method Before Meeting (e.g., Doing sports)



Calm Down Before Performing or Communicating (e.g., Meditation)



Focus your eye contact on a single point (e.g., Focus on the nose)



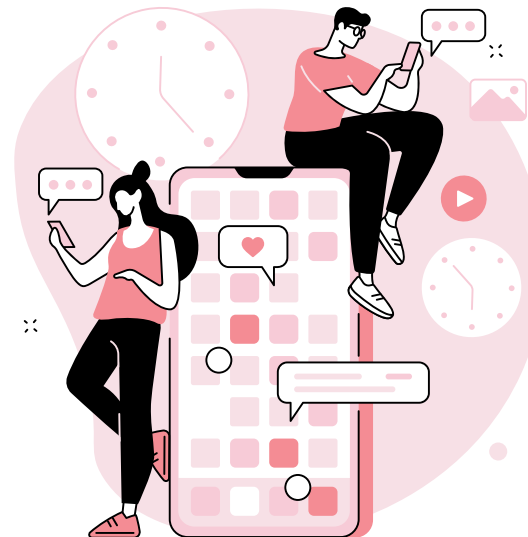
MANAGE_EMOTIONS

CHECK OUT INSTAGRAM FOR MORE INFORMATION

INNOVATIVE SOCIAL SIMULATION THERAPY (FAMILIAR PEOPLE EDITION)

Fun Role-Playing (Inspired by CBT):

Invite your trusted family members or friends to help create a familiar and friendly social environment. With their support, practice interacting with one or more "strangers" they role-play to simulate social situations you find intimidating. Start with simpler scenarios and gradually move to more challenging ones based on your anxiety level, helping to ease social anxiety over time.



WHAT DO PSYCHOLOGISTS DO?



Cognitive Behavioral Therapy (CBT)

Helps people recognize and replace negative thoughts with realistic ones.



Exposure Therapy

Gradually exposes people to social situations to reduce anxiety.



Cognitive Restructuring

Encourages viewing situations more positively and questioning negative assumptions.



Mindfulness Training

Teaches people to observe thoughts without reacting, reducing the power of negative thinking.