

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 Mindset
- ✓ Smile and Engage Positively with the Audience
- ✓ Find Your Own Relaxation Method Before Meeting
- ✓ Calm Down Before Performing or Communicating
- ✓ Reduce Eye Contact

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.