

“Social Anxiety”
“Being around people has become harder than being alone”
Mental Health and Social Anxiety in the Era of Gen- Z

Many of you, Generation – Z experienced difficult conditions known as {Fear of People}, **or social anxiety**. It is a subject we rarely talk about openly, even though it is more common than we imagine.

HOW CAN SOCIAL ANXIETY SHOW UP IN GEN Z?

It may show up through:

- Fear of posting opinions on social media or writing comments you actually want to share but you can't because of that.
- Nervous before interviews or meeting new people, especially strangers.
- Over thinking: you ask yourself “How do people see me?”
- Withdrawing from people and avoiding social situations.
- Feeling embarrassed even in a simple daily interaction.

WHY DOES THIS HAPPEN???

There are several reasons that may contribute to social anxiety, such as:

- Past experiences of embarrassment or criticism from others.
- Strict upbringing or fear of making mistakes.
- Constant comparison on social media platforms with others.
- High sensitivity to others' judgments.
- Low sense of inner and self-security.
- And many, many other contributing factors.

THE PROBLEM HERE IS NOT FEAR ITSELF...

Fear is natural. The problem begins when it starts to control you. When a person begins to avoid life and to stop speaking and sharing his or her opinion, stop participating, and stop trying new things.

That is when social anxiety grows inside instead of shrinking.

WHAT WE SHOULD DO IS NOT TO “HIDE FEAR”...BUT TO LEARN HOW TO MOVE DESPITE IT:

- Start with very small steps: like a word, a question, a simple interaction with others.
- Stop trying to read people's thoughts, because they are usually not real.
- Reduce social media comparisons with others.
- Expose yourself to social situations instead of avoiding them.
- Replace the thought “I must be perfect” with “I am learning”

VERY IMPORTANT MESSAGE FOR YOU, GENERATION - Z

Not every quiet or hesitant person has a problem. But if fear is limiting your life and stopping it, this is something we should pay attention to and being aware of.

Social anxiety is not “you” — it is a learned and acquired condition that can be changed.

And...

First step is never full courage...
It is a small decision says not to run away every time.

AT THE END...

Social anxiety is not a final judgment on your life, or sign of weakness.

It is simply a learned and acquired way to your mind that has developed to deal with fear, plus it can change over time with awareness practice.

What matters here is not letting this define your choices or shrink your life into avoidance and withdrawal.

Take small steps, give yourself a chance, and always remember...
Change does not begin with big leap, but with a simple decision to keep going despite discomfort.

Be the one who create thinking and changes.
Gen Z... the future needs you.

Psychotherapist

Rawan Al-Hilo

A handwritten signature in black ink that reads "Rawan Al-Hilo". The signature is written in a cursive style with a large, stylized initial 'R'.