



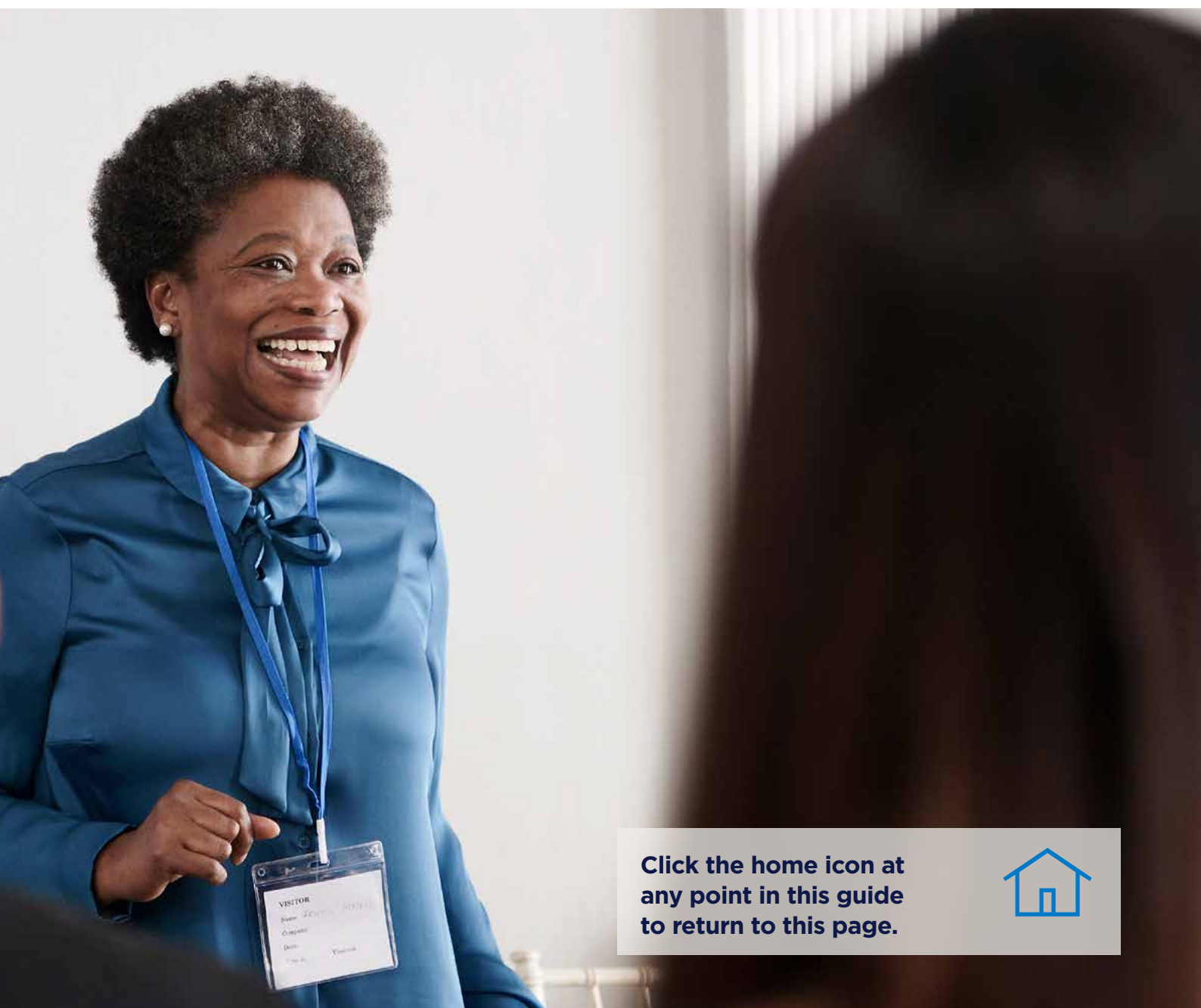
Supporting employees with social anxiety.

Bupa. Better for business

Workplace
Health and Wellbeing Academy

Introduction.

Many of us get a bit nervous before meeting new people or speaking in public. But if someone has social anxiety, that shy feeling doesn't go away. Instead, it can lead to an intense fear of social situations. As a manager, it's important to support employees with social anxiety, so that they feel comfortable and are able to thrive in the workplace.



Click the home icon at any point in this guide to return to this page.



What is social anxiety?

Social anxiety in the workplace

How can you support socially anxious employees?



What is social anxiety?

Social anxiety is a type of phobia (an extreme fear that can cause significant distress). It affects up to 13 in every 100 people, especially women.

Social anxiety is much more than simply being shy – it can stop people doing the things they enjoy and affect their working life. They may feel like they're being judged, even though they're not. And even if they realise their thoughts and feelings aren't justified, they'll usually find it hard to shake them off. If their anxiety is very bad, it may lead to physical symptoms, problems with sleeping and panic attacks.

Someone with social anxiety may struggle with almost all social interactions, including everyday conversations or activities such as shopping. Or they may only struggle in certain situations when they're the centre of attention. They may dislike being introduced to strangers or find it hard to talk in meetings, answer the phone or eat and drink in public.

Very few people with social anxiety seek the help they need, even though treatments are available. They may think the anxiety is part of their personality and something they can't change. They may even avoid social situations altogether. Other people may not realise how anxious they are and just think they're a bit shy or consider themselves a worrier.

**Women
are two to
three times
more likely than men to
have social anxiety.**



Source: Shyness and social phobia. Royal College of Psychiatrists. www.rcpsych.ac.uk, published May 2016

What is social anxiety?

Recognising social anxiety

What causes social anxiety?



Recognising social anxiety

If someone in your team has social anxiety, they'll usually feel very self-conscious when they have to interact with other people. They may have low self-esteem and feel insecure about their relationships.

They may:

- think everyone's watching them
- avoid direct eye-to-eye contact, especially with people they don't know
- think someone will criticise what they're doing
- be reluctant to bother people
- worry they'll seem boring, stupid or incompetent
- find it hard to be assertive enough to do or say what they want to
- worry a lot before a meeting or event, sometimes for weeks beforehand
- analyse the situation obsessively afterwards, thinking they said something wrong or could have done something better
- smoke, have an alcoholic drink or use drugs before an event to help them cope

Social anxiety can cause physical symptoms too, including:

- trembling
- sweating
- blushing
- a pounding heart (palpitations)
- a very dry mouth
- feeling sick
- needing to go to the toilet a lot
- pins and needles in their fingers or toes (caused by breathing too quickly)

If your employee is worrying about their symptoms, and whether other people can notice them, this may make their social anxiety worse. Very bad anxiety can end in a panic attack, which causes sudden, intense anxiety symptoms lasting for a few minutes.



Only around half of adults with social anxiety seek the help they need.

Source: Social anxiety disorder: recognition, assessment and treatment. NICE Guideline. National Institute for Health and Care Excellence, updated March 2020.

What causes social anxiety?

No one knows exactly why some people have social anxiety, although it can run in families. People with social anxiety tend to have high standards for their behaviour in public. They may have been shy as a child or teenager, and their families assumed they'd grow out of it but they never did. They may have had a stammer too.

Others may be able to pinpoint exactly when their social anxiety started. For example, when they moved to a new school, felt embarrassed during a public performance, or were being bullied or teased. Some people with social anxiety may have other anxiety disorders or depression as well.



What is social anxiety?

Recognising social anxiety

What causes social anxiety?





Social anxiety in the workplace

Employees with social anxiety may be able to mix and socialise with people they know without any problems – staying within their own comfort zone. But they may find it much harder to socialise with strangers. So there are some work situations that can make social anxiety worse, such as leading meetings or meeting new clients.

You may notice some employees:

- suddenly get very anxious and start to stammer if they have to talk or perform in front of other people
- struggle to speak in public at all
- won't ask a question in a meeting
- may not be able to sign important documents in front of witnesses
- stay quiet or hover at the edge of a group of colleagues
- don't want to talk about themselves
- avoid promotions at work
- avoid going to work social events, such as dinner and drinks, or the annual Christmas party

One way to cope with social anxiety is to be exposed to triggering situations regularly to get used to them – facing your fears. But the COVID-19 pandemic may have made some people's social anxiety worse as they haven't been in social settings, or around others, as much.

**It can take most people
with social anxiety**

**15 to 20
years**

to ask for help.



Source: Social anxiety disorder: recognition, assessment and treatment. NICE Guideline. National Institute for Health and Care Excellence, updated March 2020.

How can you support socially anxious employees?

As an employer, you can learn to recognise signs of social anxiety and raise awareness of this common problem. Social anxiety affects people differently, but here are some ways you can support employees and colleagues in the workplace.

Organise social skills training

It's natural for people to feel anxious in social situations. Social skills training can help employees to feel more confident and relaxed while they're interacting with other people. It focuses on simple skills we often take for granted, such as:

- how to start a conversation with a stranger
- increasing eye contact

Regular role play with other members of the team may help, too.

Communicate clearly

Some people get very anxious before a meeting or event. Good communication may help, so that they don't need to ask any questions beforehand. It may help to provide clear, concise information on the:

- timings
- agenda
- list of participants
- details of the venue, including relevant directions
- where to go when they arrive
- location of toilets and other facilities





Be understanding and empathetic

The pandemic has impacted many people's mental health, and it may take a while for your team to get back into normal patterns of socialising again. Some people with social anxiety may be prone to panic attacks if they're forced into an uncomfortable situation. So it's important not to put pressure on them. If you're holding long meetings, encourage regular breaks so that staff can take some time out if they need it.

Know your team

If you notice any signs of anxiety, ask your team member how they are, giving them time and space to tell you, and offer additional support. Make sure they have regular one-to-ones to identify any potential problems early on.

Signpost them to support that's on offer in the workplace. If Employee Assistance Programmes or Occupational Health Services are available, make sure these are easy to access.

If an employee's social anxiety seems to be affecting their work or daily life, encourage them to speak to their GP or speak to a counsellor. They may be referred for cognitive behavioural therapy (CBT).

This is a type of talking therapy that aims to challenge your negative thought patterns and beliefs, helping you to face your fears and learn to cope.

Encourage good mental health

If your employees feel that they can talk openly, problems are less likely to build up. Encourage a supportive environment with regular training, workshops and mental health 'champions'. Signposting and sharing useful resources with employees will help to promote a culture of good mental health in your workplace.

**Ask your
team member
how they are.**

**If your employees feel that
they can talk openly, problems
are less likely to build up.**

Source: Supporting mental health in the workplace.
ACAS. www.acas.org.uk, accessed September 2021.

Resources.

Resources

Visit Bupa's [Workplace Mental Health Hub](#) for a range of free information for both managers and employees on supporting good mental health at work.

References

1. Social anxiety disorder: recognition, assessment and treatment. NICE Guideline CG159. www.nice.org.uk, updated April 2022
2. Griffiths KM, Walker J, Batterham PJ. Help seeking for social anxiety: A pilot randomised controlled trial. *Digit Health*. 2017;3:2055207617712047. doi:10.1177/2055207617712047
3. Behera N, Samantaray NN, Kar N, Nayak MR, Chaudhury S. Effectiveness of cognitive behavioral therapy on social anxiety disorder: A comparative study. *Ind Psychiatry J*. 2020; 29(1): 76-81. doi:10.4103/ipj.ipj_2_20
4. Shyness and social phobia. Royal College of Psychiatrists. www.rcpsych.ac.uk, published May 2016
5. Horenstein A, Morrison AS, Goldin P, Ten Brink M, Gross JJ, Heimberg RG. Sleep quality and treatment of social anxiety disorder. *Anxiety Stress Coping*. 2019; 32(4): 387-398. doi:10.1080/10615806.2019.1617854
6. Social Anxiety Disorder. Patient. patient.info/doctor, last edited August 2016
7. Social phobia. The MSD Manuals. www.msmanuals.com, last full review/revision April 2020
8. Vilaplana-Pérez A, Pérez-Vigil A, Sidorchuk A et al. Much more than just shyness: the impact of social anxiety disorder on educational performance across the lifespan. *Psychol Med*. 2021; 51(5): 861-869. doi:10.1017/S0033291719003908
9. Social phobia. Background. Medscape. emedicine.medscape.com, updated November 2018
10. Khoramnia S, Bavafa A, Jaberghaderi N et al. The effectiveness of acceptance and commitment therapy for social anxiety disorder: a randomized clinical trial. *Trends Psychiatry Psychother*. 2020; 42(1) doi.org/10.1590/2237-6089-2019-0003
11. Social anxiety disorder. Aetiology. BMJ Best Practice. bestpractice.bmj.com, last reviewed August 2021
12. Social anxiety disorder. Management approach. BMJ Best Practice. bestpractice.bmj.com, last reviewed August 2021
13. Covid-related anxiety and distress in the workplace: A guide for employers and employees. The British Psychological Society. www.bps.org.uk, published September 2020
14. Returning to the workplace after the Covid-19 lockdown: a toolkit. The Society of Occupational Medicine. www.som.org.uk, published May 2020
15. Supporting mental health in the workplace. ACAS. www.acas.org.uk, accessed September 2021
16. Phobias. Mind. www.mind.org.uk, published February 2021
17. Zheng L, Miao M, Lim J, Li M, Nie S, Zhang X. Is Lockdown Bad for Social Anxiety in COVID-19 Regions?: A National Study in The SOR Perspective. *Int J Environ Res Public Health*. 2020;17(12): 4561. doi:10.3390/ijerph17124561
18. Talking toolkit: preventing work-related stress. Health and Safety Executive. www.hse.gov.uk

Bupa health insurance is provided by:

Bupa Insurance Limited. Registered in England and Wales No. 3956433. Bupa Insurance Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

Arranged and administered by:

Bupa Insurance Services Limited, which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales No. 3829851.

Registered office: 1 Angel Court, London EC2R 7HJ

© Bupa 2022

**[bupa.co.uk/
workplace-
wellbeing](https://bupa.co.uk/workplace-wellbeing)**