

· FOUNDRY ·
PENTICTON

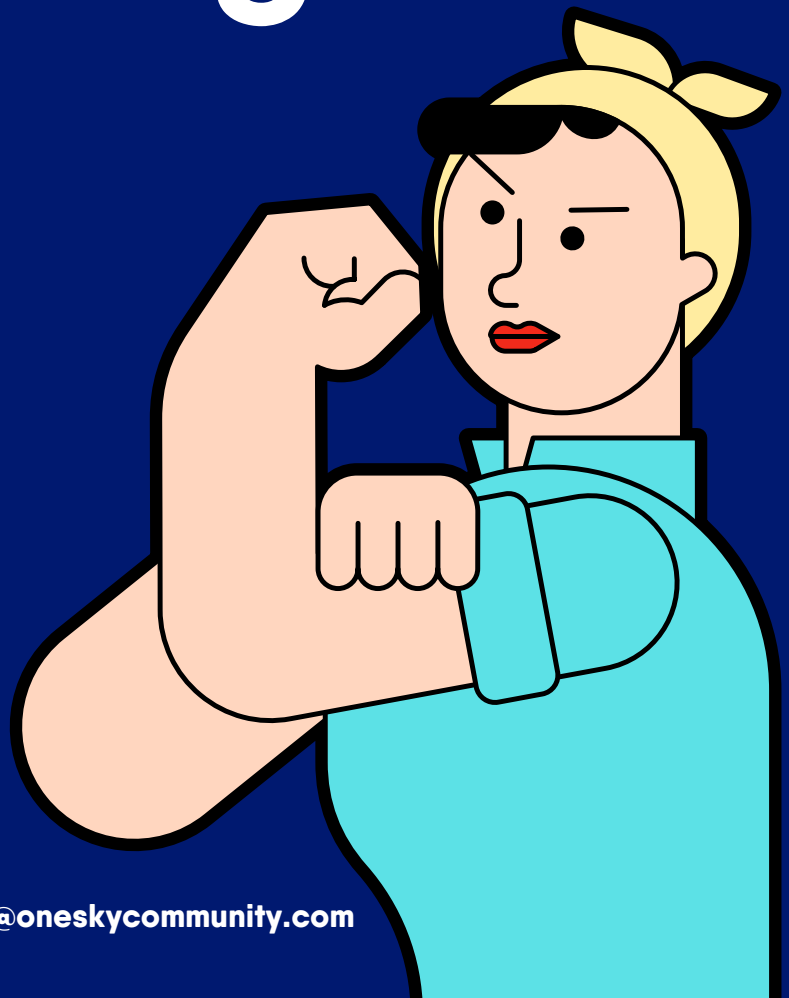
YES
you can!

*Prove
THEM
wrong*

Social Anxiety Challenge

**Struggling with Social Anxiety?
Want to break out of the shell
and have some fun?**

**Stop worrying and start living
your life without fear.**



**We would like to thank
the Sponsors and all the
people that help put
this project together.**

Thank you!

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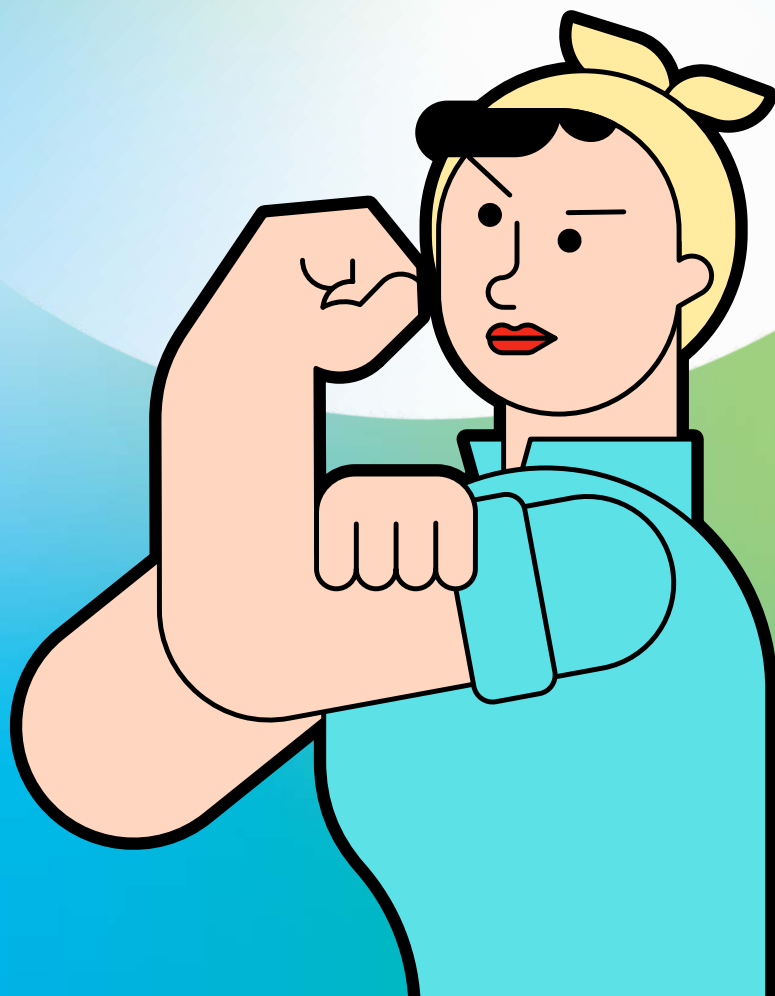
The Challenge

Social Anxiety is an Intense fear of interacting or talking with strangers. Fear that others will notice that you look anxious. Fear of physical symptoms that may cause you embarrassment, such as blushing, sweating, trembling or having a shaky voice. Avoidance of doing things or speaking to people out of fear of embarrassment.

“Worry is a word that I don't allow myself to use.”

Dwight D. Eisenhower

**When we are in the
moment, what can we
do to combat Anxiety?**





Breathe

- Breathe in for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale slowly for 8 seconds.
- Repeat until you feel calmer.

Breathing deeply and slowly is key to experiencing the full benefits of it. It's also a good idea to focus your thoughts on breathing and nothing else.

The 'Five' Technique

When you're overwhelmed with anxiety, the 5-4-3-2-1 coping technique could help calm your thoughts down.

Here's how it works:

5

Look around the room, then name five things you see around you. These can be objects, spots on the wall, or a bird flying outside. The key is to count down those five things.

4

Next, name four things you can touch. This can be the ground beneath your feet, the chair you're sitting in, or your hair that you run your fingers through.

3

Listen quietly, then acknowledge three things you can hear. These can be external sounds, like a fan in the room, or internal sounds, like the sound of your breathing.

2

Note two things you can smell. Maybe that's the perfume you're wearing or the pencil you're holding.

1

Notice something you can taste inside your mouth. Maybe that's the lip-gloss you're wearing.

This technique works best if you pair it with deep, slow breathing.

Something Funny

Think about something funny.

Visualize your favourite humorous moments, One where you laughed so hard you fell down and [nearly] peed your pants. These can be real situations, or they can be situations you saw on sitcoms, in stories, jokes, or cartoons.



Identifying Triggers

The best way to do this is to keep a diary. Write down when you feel anxious and what you think caused the anxious episode. List these things out to identify what is outside your control and focus on the things that are within your control.

For example, if you know that social interactions with a specific person tend to trigger your anxiety, make a note of that. Then, consider focusing on these questions:

- What makes me anxious about this situation?
- Are they going to judge me?
- Am I judging them?
- Even if they were judging me, how would that really affect me?
- Would preparing this interaction help me feel less anxious? (e.g., what you're going to say or how you're going to say it)

When individuals have a plan, they feel 'in control' of the perceived future threat that is the trigger of anxiety.

Belly Breathing

1

Sit down on a comfortable, flat surface.

2

Release your shoulders into a relaxed position.

3

Place one hand on your chest and the other on your stomach.

4

Breathe in through your nose for two seconds, feeling the air push your stomach outwards. Your chest should remain still while your stomach expands.

5

Purse your lips while pressing lightly on your stomach. Then, exhale for two seconds.

Don't Hold Onto It

Don't hold onto it. Realize that your anxiety will pass. Don't try to fight it, fix it or judge yourself for experiencing it. Instead, notice how you feel and use that information to become more familiar with the onset of symptoms and make them less threatening. Try separating your thoughts about yourself from your symptoms. For instance, you can say to yourself, "It's not me, it's my anxiety".



Comfort Object

Use comfort objects. Whether it's rough, hard, soft, or smooth, the texture of something can distract you from your anxiety.

Touch an item around you, such as a desk you're sitting in front of or the arms of a chair. Note how they feel. Wear something, such as a necklace or a rubber band around your wrist to touch whenever you experience disturbing thoughts.

You can also carry a "comfort object" small enough to carry around, like a lucky rabbit's foot, a rubber ball, or something else that soothes you.

Focus on Something Else for a few minutes

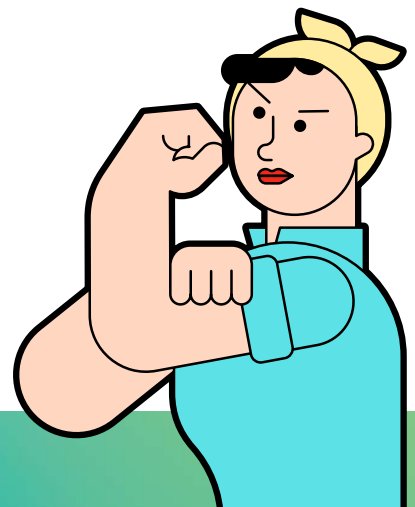
List all the differences you can find.



Check in

Before you begin this challenge, how are you feeling?
What are you hoping to gain from this?

What are your fears?



YES
you can!

prove
THEM
wrong

The Challenge



Arrive

Arrive at your
destination.



Achieve

Complete your
challenge.



Reflect

Reflect on your
experience.

“I say I am stronger than fear”

Malala Yousafzai

LOCATION

One Sky Community Services

330 Ellis St, Penticton, BC V2A 4L7



Before

**How are you feeling before you go into the location?
What are you expecting?**



**Your mission is to..... please put in the action you
wish for the person to complete.**



After

**Check in on how you are feeling.
Did it go as you expected, better or worse?**

LOCATION

Valley First Bank

184 Main St, Penticton, BC V2A 8G7



Before

**How are you feeling before you go into the location?
What are you expecting?**



**Your mission is to..... please put in the action you
wish for the person to complete.**



After

**Check in on how you are feeling.
Did it go as you expected, better or worse?**

LOCATION

Penticton Recreation Centre

325 Power St, Penticton, BC V2A 7K9



Before

**How are you feeling before you go into the location?
What are you expecting?**



**Your mission is to..... please put in the action you
wish for the person to complete.**



After

**Check in on how you are feeling.
Did it go as you expected, better or worse?**

LOCATION

Tickleberries

202 Main St, Penticton, BC V2A 5B2



Before

**How are you feeling before you go into the location?
What are you expecting?**



**Your mission is to..... please put in the action you
wish for the person to complete.**



After

**Check in on how you are feeling.
Did it go as you expected, better or worse?**

LOCATION

Penticton Arts Gallery

199 Marina Way, Penticton, BC V2A 1H5



Before

**How are you feeling before you go into the location?
What are you expecting?**



**Your mission is to..... please put in the action you
wish for the person to complete.**



After

**Check in on how you are feeling.
Did it go as you expected, better or worse?**

LOCATION

Okanagan College Penticton

PE (Sunoka Building)

583 Duncan Ave West, Penticton, BC V2A 8E1



Before

**How are you feeling before you go into the location?
What are you expecting?**



**Your mission is to..... please put in the action you
wish for the person to complete.**



After

**Check in on how you are feeling.
Did it go as you expected, better or worse?**

LOCATION

Penticton Public Library

785 Main St, Penticton, BC V2A 5E3



Before

**How are you feeling before you go into the location?
What are you expecting?**



**Your mission is to..... please put in the action you
wish for the person to complete.**



After

**Check in on how you are feeling.
Did it go as you expected, better or worse?**

LOCATION

BC SPCA Animal Centre

2200 Dartmouth Dr, Penticton, BC V2A 4C2



Before

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What are you expecting?**



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After

**Check in on how you are feeling.
Did it go as you expected, better or worse?**

LOCATION

Valley First Bank

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BONUS CHALLENGE

Random Act of Kindness

Give someone a nice note and a flower

Buy an Ice Cream Cone for someone.

Give some bottles of water out to people on a hot day

Give somebody a \$5 Starbucks / Blenz card

Wash somebody's car.

Send a letter to a friend instead of a text.

Water a neighbor's lawn of flowers.

Post 5 positive things and encouragement about people online.

Write a kind or encouraging message on a napkin.

Listen to a stranger / senior for 10 minutes.

Hide money in a random place for a stranger to find.

Reconnect with an old friend.

Reflection

Looking back at before you started this challenge, how are you feeling?

Do you think you have conquered your social anxiety?

What are you most proud of?

What do you want to work on?

Personal Notes page



YES
you can!

prove
THEM
wrong

Congratulations

**“A great accomplishment
shouldn't be the end of the
road, just the starting point
for the next leap forward.”**

Harvey Mackay

**“Confidence is contagious.
So is lack of confidence”**

Vince Lombardi

Community Partners

