



Decreasing Social Anxiety and Improving Self-talk:

There will be two 30-minute workshops. These workshops will focus on recognizing social anxiety and ways to decrease it. After defining social anxiety, these workshops will identify thought patterns (self-talk) that contribute to social anxiety, and ways to change these thought patterns to combat it. Other suggestions for overcoming social anxiety will be provided. There will be time for questions at the end of the workshop.

Thursday, November 5th from 4:00 - 4:30 pm

Thursday, November 12th from 4:00 - 4:30 pm

To join visit: <https://tinyurl.com/DePaulUCS>



DEPAUL UNIVERSITY

DIVISION OF STUDENT AFFAIRS

University Counseling Services