



## **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.

**Wednesday, March 10 from 4:30 - 5 pm**

**Friday, March 12 from 2- 2:30 pm**

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



**DEPAUL UNIVERSITY**

**DIVISION OF STUDENT AFFAIRS**

*University Counseling Services*