

# UNDERSTANDING SITUATIONAL ANXIETY

## What is situational anxiety?

Situational anxiety is a specific type of anxiety that occurs during unfamiliar situations or events that make us so nervous that we lose control of our ability to stay calm.

## These can include:

- Going to a job interview
- Attending a networking event
- Meeting someone for a first date
- Riding an airplane
- Sharing an opinion during a meeting
- Being away from home
- Using a public restroom
- Leading a meeting or discussion
- Standing alone in a public place
- Making small talk with new acquaintances

## Recognising symptoms of social anxiety:

- Nervousness
- Irritability
- Fatigue
- Worry
- Shaky hands
- Headaches
- Muscle tension
- Chest pains
- Low self-esteem
- Sweaty palms
- Rapid heartbeat
- Shallow breathing



# Situational Anxiety

**Allan Tasman, Jerald Kay, Jeffrey A.  
Lieberman, Michael B. First, Mario Maj**

## **Situational Anxiety:**

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