



Need to Dust Off Your Social Skills?

After a year of seeing each other virtually, getting back to real-life relationships can be intimidating. As we are getting vaccinated, we are feeling both excited and a bit of dread as we navigate in-person social situations again. You may have a sense of ambivalence about how to interact with others again. For example, if you are returning to working in an in-person office, you might be worried about returning to work but excited about seeing people in-person again. This tip sheet discusses how to re-learn to be in-person and goes into eight simple exercises that will help ease anxiety with returning to in-person social interaction.

How Do We Re-learn to be Together?

- Give yourself permission to set small, achievable goals.
- Accept that certain activities may be tough for a little while.

You may find yourself asking if it is really worth the time to go back to your old life now that there is a new normal. Recovering does not mean you go back to the way you were before, instead you create a new normal- one that is functional, beautiful, and different.

Rather than be overwhelmed by everything at once- for example panicking over going to party and having to greet acquaintances there, eating with others, and making small talk- take things step by step.

8 Exercises to Strengthen Your Social Muscles:

- Share food with someone
- Tell someone a joke in person
- Ask someone what they are listening to or reading right now
- Reach out to someone you have lost touch with
- Strike up a conversation with a stranger
- Move with someone
- Sit quietly with someone
- Make a date for the future

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