



# Social Situations SOS Audio Kit

**Real-Time Calming Tools for High-Stress Moments** This toolkit is your pocket-sized nervous system reset. Use it **before**, **during**, or **after** anxiety-inducing social situations — no overthinking required.

✨ Perfect for:

- Waiting in line, walking into a room, or about to speak
- Feeling overwhelmed mid-event
- Regulating your breath, body, and brain on the go



# Why This Helps

When social anxiety hits, your body can go into fight-or-flight before your mind catches up.

You don't need deep insight in the moment — you just need *calm*.

🎧 Use these short scripts like a coach in your ear. ➡️ Find these (and more) inside <https://navigateanxiety.org>



# Audio #1: Before You Go In



## 2-Minute Calm-Down for Pre-Event Nerves

"Feel your feet on the ground. Breathe in slowly... and exhale even slower. You're allowed to be nervous and still show up. You don't need to be perfect. You just need to be present."

## When to Use



Use when: You're about to enter a room or join a group.





## Audio #2: Mid-Situation Reset



### For Overstimulation or Rising Panic in the Room

"Notice one color in the room. One sound. One texture. You are here. You are breathing. This moment will pass — and so will this sensation."

### How to Access

➡ 📱 Ask Navigate Anxiety: 💬 "I'm panicking at the event — walk me through calming down."

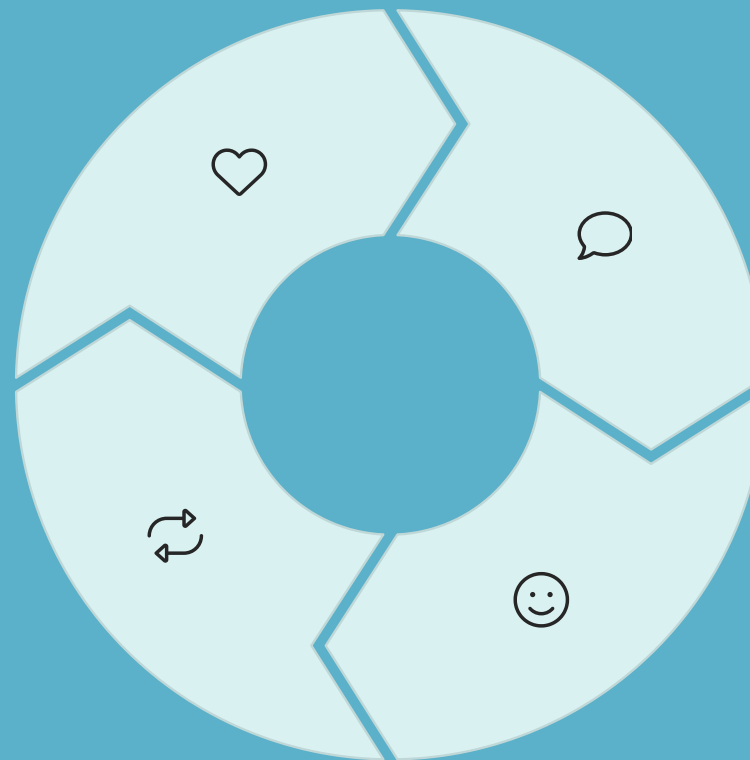
# Audio #3: Kind Self-Talk Loop

## Recognize Anxiety

Notice when the "They're Judging Me" spiral begins

## Repeat as Needed

✨ Repeat when anxiety makes you doubt your belonging.



## Apply Kind Self-Talk

"You are not being judged — you are being human. People are more focused on themselves than you."

## Reinforce Belonging

"You don't have to impress. Just being here is enough."

# Audio #4: Social Pep Talk



## **For Before You Speak or Introduce Yourself**

"It's okay to feel awkward. It doesn't mean you don't belong. You're allowed to speak quietly. You're allowed to pause. What you say matters less than your courage to say it."



## **Mental Reframing**

 Let your nervous system hear kindness instead of critique.



# Audio #5: Post-Event Wind-Down



## Acknowledge Completion

"It's over now. You're safe now."



## Stop the Replay

"You don't have to reanalyze every moment."



## Celebrate Effort

"What went well? What did you try, even if it was hard?"



## Allow Rest


"You get to rest — not replay."

📱 Ask Navigate Anxiety: 💬 "Help me stop overthinking what I said."

# How to Use the SOS Audio Kit



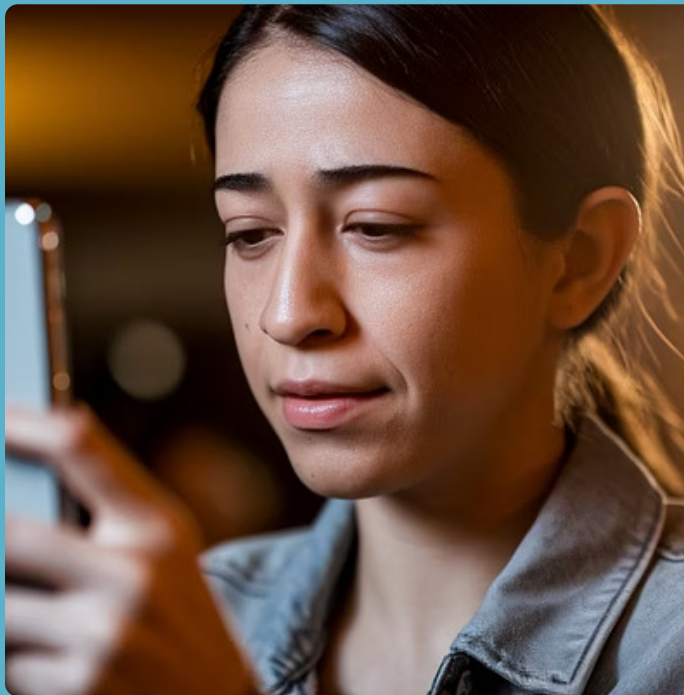
## In Crowded Rooms

 Listen with one earbud in crowded rooms




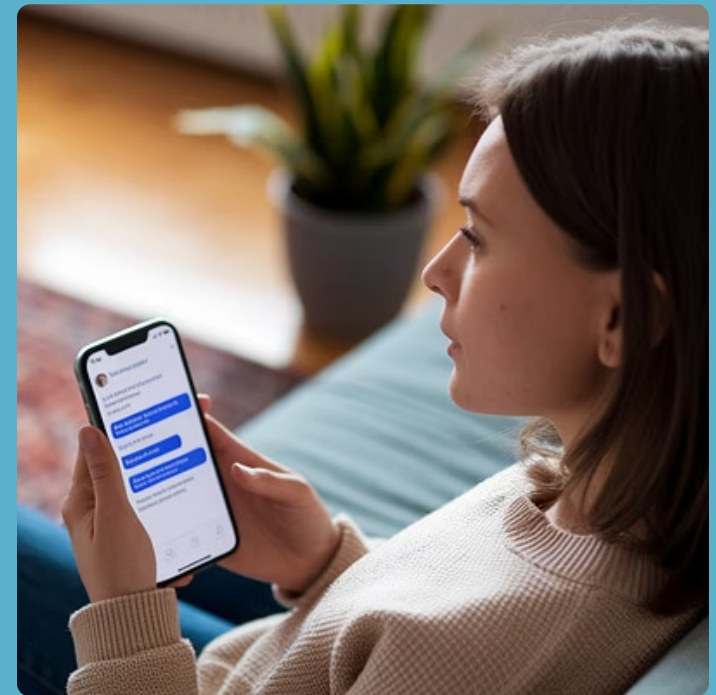
## During Breaks

 Use during breaks to reset



## Anytime Support

 Ask Navigate Anxiety for real-time support anytime



 "Walk me through a body scan."  "Give me a pep talk for this party."  "Help me feel grounded while I'm in this crowd."

 <https://navigateanxiety.org>



# Final Thought: You Don't Have to Do It Alone



## Show Up

Every brave moment matters



## Stay Through

Your presence is an achievement



## Seek Support

When it's too much, *support should be simple*



Save this guide. Use it on the way to your next event. 📌 Send it to a friend who needs a voice of calm in their ear.

You've got this — and Navigate Anxiety has got you.