

# Cure Social Anxiety

## Superior Causes Why Social Anxiousness Could Bring About Depression

An individual with social anxiousness ought to appear for strategies to overcoming social anxiety. If not addressed, it might bring about depression. As most of us know, depression would be the significant aspect that contributes towards numerous health concerns in the humans. So, it truly is important to understand why social anxiety can lead to depression to ensure that you can appear for techniques to [cure social anxiety](#):

### Why Social Anxiety Causes Depression?

- When you've this anxiety, you'll feel that you simply cannot take a look at a social gathering or party, just because you cannot move with other folks. This feeling leads to depression as you'll be within yourself and cannot take actions to move with other people as you usually want to be inside your comfort zone.
- When you've got social anxiety, you might begin comparing oneself with others. You can start out pondering that individuals around you might be farther away in life as when compared with what you will be and you'll start out pondering that other individuals can simply make pals and you aren't capable to complete that.
- You may have difficulty in participating in informal activities and also experienced gatherings
- More importantly, you will not be inside a position to pursue your preferred profession.
- You have difficulty in making meaningful friendships with other individuals and this, in turn, will lead to depression.
- You will never ever really feel that you are a part of a group or team, despite the fact that you happen to be basically element.

### Conclusion:

So, these feelings in persons with social anxiety can bring about depression. So, they need to appear for methods to acquire out safely from this concern.