

# SOCIAL WELLNESS FOR INTROVERTS AND EXTROVERTS



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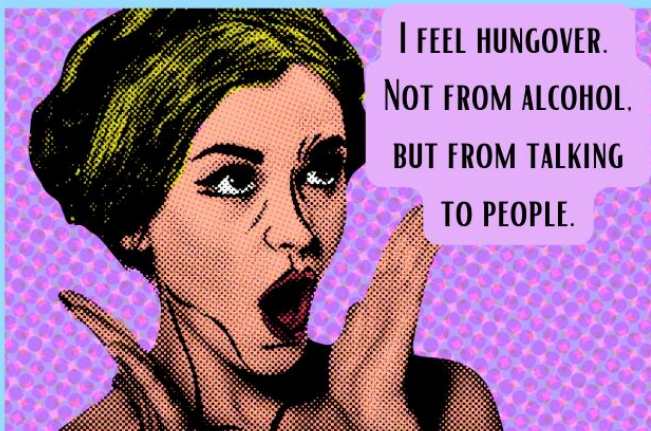
## INTROVERT VS. EXTROVERT

It is not better to be an introvert or extrovert. Many people may feel like they are neither or both (ambiverts). What matters is that you take steps to create the best social wellness for you.

### INTROVERTS

Introverts tend to find joy from calm environments. Some may feel like social interactions use up energy and require recharge time. They may:

- Do their best work alone
- Enjoy being home or quiet time
- Prefer a few close friends
- Can get overwhelmed by social situations



### EXTROVERTS

Many extroverts are recharged by socializing and interacting with people. They may:

- Feel their best around others
- Enjoy a full schedule
- Tend to be outgoing and/or high energy
- Enjoy social connections

INTROVERT LEAVES  
HOUSE



“ THIS WAS A MISTAKE

EXTROVERT COMES  
HOME



“ THIS WAS A MISTAKE

### WHY IT MATTERS?

Introverts and extroverts handle mental health differently.



### SOCIAL WELLBEING FOR INTROVERTS

- Schedule self-care time
- Do not overfill your schedule
- Foster meaningful human connections that are right for you
- Consider activities like yoga and mindfulness
- Find ways to manage social situations

### SOCIAL WELLBEING FOR EXTROVERTS

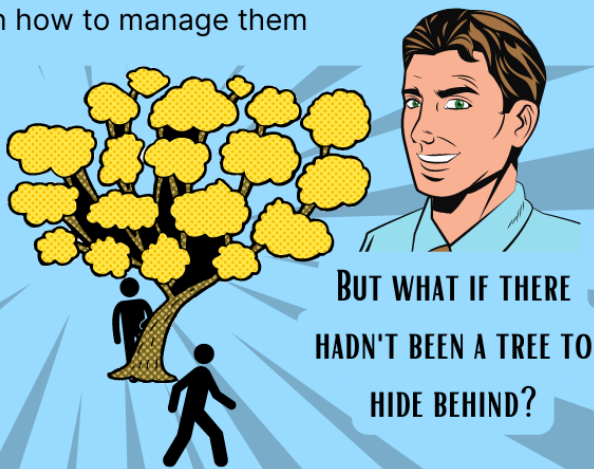
- Isolating times can be particularly difficult and enhance "mind-chatter." Try to find ways to connect or be around people, like doing work or reading in a coffee shop or library.
- Consider group activities like group fitness classes or clubs
- Surround yourself with positive people that don't tempt harmful behavior
- Do things that cultivate self-worth and identity

## SOCIALIZING FOR INTROVERTS

We all need social interactions and relationships. It is about finding the kind of relationships that work best for you!

### Tips:

- Know your boundaries
  - Set social goals that may take you out of your comfort zone, but do not exhaust yourself and take time to refuel
- Consider what you can control
  - If you don't want to go out, consider inviting people/a person over
  - If you like events with a set time, pick things that have a start and end time.
  - Keep it small
- Sign up for activities
  - Just being near people can be enough
- Own your identity
  - It's okay to be quiet
  - It's okay to be reserved
  - It's okay to not love social interactions
- Practice conversation starters ahead of time
- Identify social triggers or situations that are most difficult for you, then, strategize on how to manage them



## SOCIALIZING FOR EXTROVERTS

Extroverts' connection to people can help prevent loneliness and isolation, but they have to be mindful to not derive all of their self-worth and fulfillment from others.

### Tips:

- Don't over commit
  - Being with people may recharge your emotional battery, but be sure to not commit to so many engagements that you end up draining yourself
- Consider your relationship with being the center of attention
  - It's okay to enjoy talking, sharing, and telling stories, but be sure to hold space for others
- Embrace your friendliness
  - Since not everyone enjoys socializing, extroverts can use their friendliness to make others feel comfortable and noticed
- Hold on to your values and identity
  - Sometimes, extrovert's draw to people may make them more likely to follow group norms. Don't compromise morals or values for others
- Build your awareness
  - Activities like mindfulness can help build self-awareness and the ability to be present

## RESOURCES

### Curious if you are an introvert, extrovert, or ambivert?

Check out this online quiz from VeryWellMind. Note: taking online quizzes can be fun, but be mindful that they are not always accurate or give you a true indication of your personality. And remember, personality traits are fluid, changing, and on a scale.



### SOCIAL STRUGGLES?



- Does socializing give you anxiety?
- Do you feel depressed?
- Do you have a difficult time sitting with your thoughts alone?
- Do you have a hard time identifying your wants and needs?

If you answered yes to any of these questions, consider scheduling a free appointment with the MC Student Health Center Mental Health team to discuss how you feel.



**Moorpark College  
Mental Health Team:  
(805) 378-1413**



Mindfulness can be beneficial for introverts, extroverts, and everyone in-between. Check out our free mindfulness page!

