

Woman's World

PsychPlus Psychiatrist & CEO Faisal Tai Quoted On Social Anxiety

"Psychiatrist Faisal Tai, MD explains other symptoms of social anxiety include a lack of focus and rapid breathing," and notes that symptoms "can lead to feelings of exhaustion and depression." If you feel like you may suffer from SAD, there's some good news: therapy and medication can provide long-term solutions. But there are also many ways to cope and feel better in the short-term.

