

Five Jobs For Social Anxiety Sufferers Who Crave Creativity



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If you've recently left the military and are now living with social anxiety, you may feel overwhelmed and exhausted, especially if you're also seeking out employment. Many sufferers need to limit their interaction with others or stay away from bustling, loud environments, which can make finding a job tricky; still, others find that having a creative outlet allows them to control their anxieties. Whether it's painting, writing, graphic design, or pottery-making, being creative can be hugely effective in coping with social anxiety, and having a job that allows a sufferer to earn money while doing what they love is the ultimate goal.

While some of these jobs require professional training or time to break into the field, there *are* places to look for employment that will give you creative freedom. Here are five of the best options.

Entrepreneur

It may sound like an overwhelming task, but working for yourself has never been easier than in the age of technology, where one can start a business and maintain it from a smartphone. If you're already creative and enjoy making things, consider setting up a shop on [Etsy.com](#) — where you can sell your handmade items right from your home — or [Bouf.com](#), which allows artists to team up with designers to make unique items. Of course, any online business requires a bit of promotion to spread the word, but social media makes things easy.

Pet-sitter

While taking care of someone's pet may not seem like the most obvious job option for creative people, it can be a great way to earn money from home. Sites like [Rover.com](https://www.rover.com) allow caregivers and pet owners to find one another in a safe environment, arrange for face-to-face meetings, and takes care of the financial end of things so you can do your job with peace of mind. Often, the owner will bring their pet to you while they work or spend time out of town, so you can take care of the animal from the comfort of your own home while you work on whatever creative endeavor you want. And if you're looking to make a little extra cash, you can always also offer your services as a [dog walker](#).



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Writer

Many people think writing is easy, but the truth is, good writers only make it *look* easy. It usually takes years of practice to become a polished writer, but the good news is, if you've ever kept a blog or journal or have a flair for writing short stories, you're well on your way. Check out sites like [FreedomWithWriting.com](https://www.freedomwithwriting.com), which will give you several publishers and outlets looking for short stories, poems, novellas, and manuscripts.

Graphic designer

There are many companies in need of a graphic designer, and some will hire freelancers or allow their employees to work remotely from home. If you have experience in the field, you can check

sites like [Craigslist.org](https://www.craigslist.org) for job openings or even contact local stores to see what their needs are. If you live near the headquarters of a big company — such as Old Navy or Modcloth — you might check there, too.

Landscaper/horticulturist

If you enjoy working outdoors, finding a job with a landscaping company could be the way to go. You can put your creativity to work here in many ways, and the same goes for jobs in horticulture. Gardening can be very relaxing and most of these jobs don't require much interaction with others. If you live in a state that has vast temperature changes with the seasons, consider looking for a greenhouse or florist, where you can put your artist's eye to work arranging bouquets.



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Coping with social anxiety can take an emotional and even physical toll at times, making finding employment difficult. But if you know where to look, you can find jobs that allow you to set your own schedule, inject some creativity, and keep you right inside your comfort level.

Julia Merrill is a retired nurse, who aims to provide tips on finding the right medical care, health insurance, etc. She started BefriendYourDoc to close the gap between medical providers and their patients.