



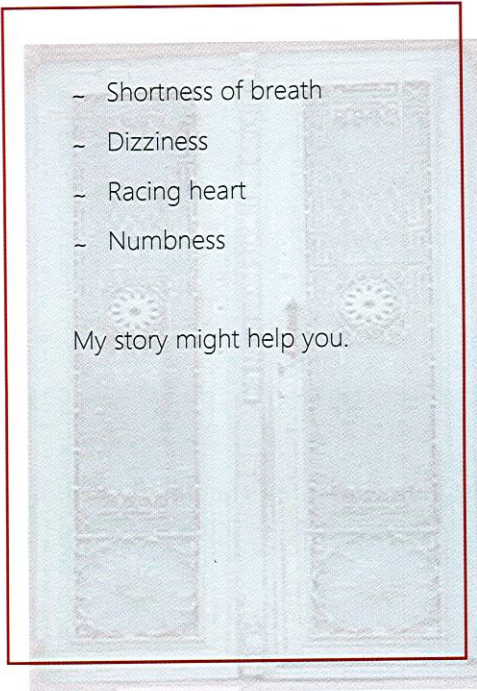
## One Last Thought

"We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us—or spare us"  
*Marcel Proust.*

## Do You At Times Feel .....

- ~ Shortness of breath
- ~ Dizziness
- ~ Racing heart
- ~ Numbness

My story might help you.



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# Anxiety



*Beck*

## My Story

Face the Fear, And Do It Anyway

## How I Helped Myself

When I feel a panic attack heading my way, the following things occur (not necessarily in this order).

I will suffer from:

- ~ sweats, dry mouth, upset stomach,
- ~ chest tightness, stammering, trembling
- ~ a racing heart
- ~ numbness or pins and needles in fingers and toes
- ~ breathing too fast, can't catch a breath
- ~ dizziness, fuzzy sight
- ~ I know it's coming as I have been through this 'thing' before.



## What to Do During an Attack

Here are some ideas on how I help myself during an attack:

- ~ **breathe!** breathe in through your nose and out through your mouth, in a steady, slow rhythm. Don't worry about "the others" around you ... just breathe.
- ~ tell yourself: "**This too shall pass**"; and "I am ok, I am fine" repeatedly. Speak in the present as the Law of Attraction 'thinks' in the present and 'feels' the energy - therefore positive thought receives positive energy.
- ~ if you feel like crying, do so. It also will pass!
- ~ **look up!** There's more room 'up there' with less feelings of possible claustrophobia.

Remember that this is something you are going *THROUGH*, so there has to be an end. Sometimes going through something may take a while, depending on severity, but you **WILL** get through this. Trust me.



## What I Feel

While going through my panic attack, and I am in a comfortable space/area, I mostly feel:

- ~ the need to be close to the ground, hugging myself - perhaps a protection factor
- ~ the need to be reassured that everything is ok
- ~ dazed, withdrawn, quiet
- ~ unable to make decisions
- ~ insular
- ~ (sometimes) a need for darkness and I tend to tighten my fists to the point of digging my nails into my skin. It is pain I don't feel at the time
- ~ like crying.

However, once I start to feel a bit calmer, I gather myself and check my surroundings as sometimes I am a little confused and shaken.

- ~ If in public, I stop what I'm doing, it can wait, and go home and rest.
- ~ Should I have a friend or family member with me, I rely on them to take me out of the situation and straight home, without questions or judgement.
- ~ If I'm at work or in a social place, I excuse myself. I let my people know that I am having a panic attack and need to leave .... and yes, I am fine!

You know, I have discovered that it's okay to let people know of such matters as it will foster communication and possible solutions and helpful hints.

**Do not be embarrassed.** Many people are afraid themselves and consequently don't know how to react to a person having a panic/anxiety attack. Only via communication and knowledge will others be able to help us.

In the later years, I have felt comfortable enough with my anxieties that I will tell people that I suffer not only from anxiety but also from depression. That way I don't need to lie or make silly excuses. I will say "This is what I am going through and if you are a friend/loved one you will support me in all ways necessary."

**Just don't judge me, please."**



## Other Helpful Ideas

- ~ see your Doctor, and a therapist
- ~ speak with a friend or mentor
- ~ take baby steps forward eg: do something everyday or as often as possible to work through the fear, the anxiety, whatever it may be
- ~ consider Cognitive Behaviour Therapy - a new or different way of looking at, or thinking about, things we fear.

I have suffered from my anxieties (people, big buildings, airports, new places and situations) for about 8-10 years now, and even though my handle on them is getting better, just when I think I am "cured", there comes another one! I have finally come to understand that this could be with me for the rest of my life and I have taken steps to understand myself and to understand and combat this illness. I have asked for help and have been given it.

It's a constant, daily routine I go through 'in preparation for' or 'in case of' an anxiety attack. It requires much mental and emotional strength; sometimes I've got it and sometimes I just don't.

I wish you much emotional and mental strength to take you through this process of overcoming or dealing with your anxiety.

*Beck*