



Anxiety

L.M. Homan

Anxiety... and *me*.

This book is to help you think about and help deal with anxiety. It is not written with lots of words... but the secret to overcoming anxiety is in here.... so read and re-read....

It will help if you also read my other booklets on 'Being *me*' and 'Depression and *me*'.

All are free to download.

I have written these booklets to help give you *now* some of what it took me years to find.

Anxiety has become *me*. I am consumed by it and I cannot get away from it. As I breath in- my breath is laboured it feels heavy and tangled inside me. I cannot bring to mind a subject without it being surrounded and riddled with anxiety and worry.....

I worry... I worry A LOT! I can't shift it, it haunts me...

My stomach feels like a pit of snakes in there. My feelings are electric with anxious thoughts.

I find myself quickly distracting myself so that I don't have to feel the 'me' inside where the discomfort is....

I turn up my tunes. I put on TV.

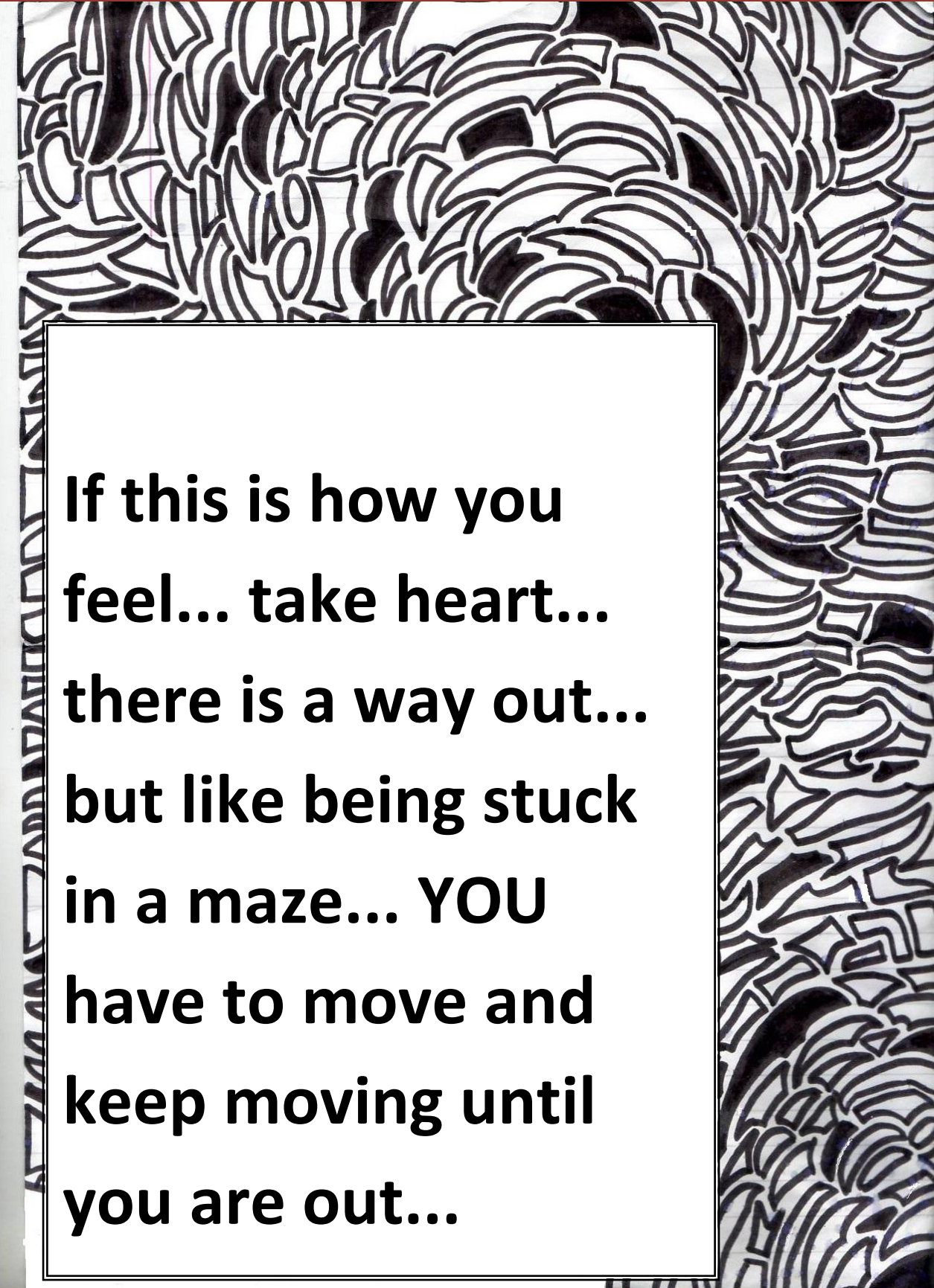
I play a computer game...

Sometimes I use other, worse methods to get away from the feeling of being me... but it's no good... I have to face these worries, because I caused them and they are mine....

The feelings get bad... so bad that I sigh and clench my teeth, clench my fists. I pace up and down as the worries make me restless... there is no rest... I try and walk it off... I cannot sleep.

The anxiety becomes me, it defines me... it is me....





**If this is how you
feel... take heart...
there is a way out...
but like being stuck
in a maze... YOU
have to move and
keep moving until
you are out...**

I am all I really have.

Anything and everything else has been added to my life along the way.

My sense of self is inside me...

It's in my head and feelings...

It is made within me.

I don't always think about

a true 'me'... I just 'am'.

I am conscious of 'me' and yet I am overwhelmed by my thoughts and *feelings*.

When I realise that thoughts trigger *feelings*... I begin to understand...

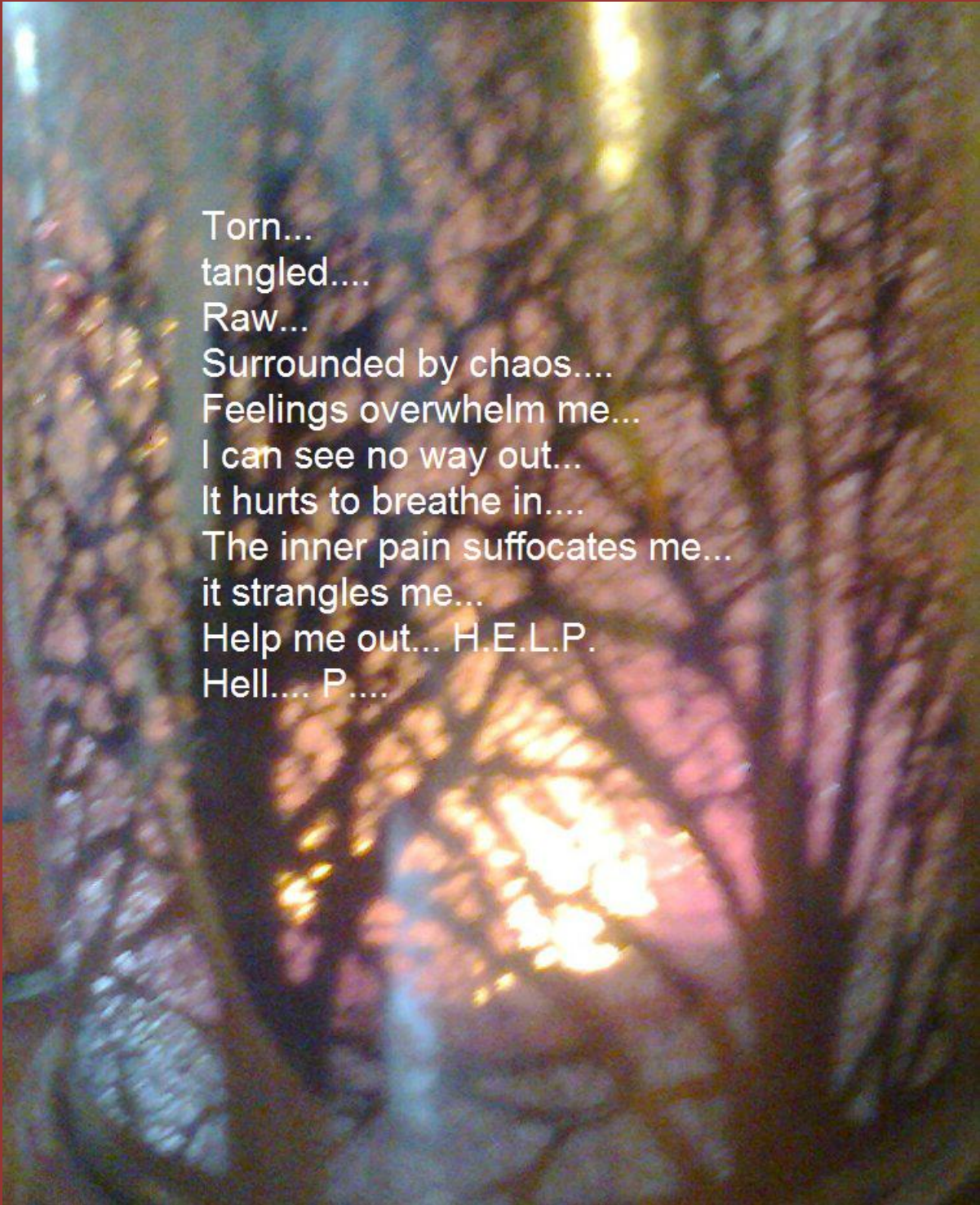
If I fear the dentist- just the thought of going to the dentist can stir powerful feelings... and so it is important right 'now' not to let my thoughts trigger feelings which will take control of me...

Like an enemy worry pops up... I can feel/see my fears. I feel my anxiety start to rise and I want to run off... put the noise on, distract myself from 'now'...

But if I do that, I end up where I always do... either consumed by it or fighting to squash it down using tactics to avoid...

or I just let the worry savage my feelings, tear at me make me raw and ripped open...

Anxiety consumes me....



Torn...
tangled....
Raw...
Surrounded by chaos....
Feelings overwhelm me...
I can see no way out...
It hurts to breathe in....
The inner pain suffocates me...
it strangles me...
Help me out... H.E.L.P.
Hell.... P....

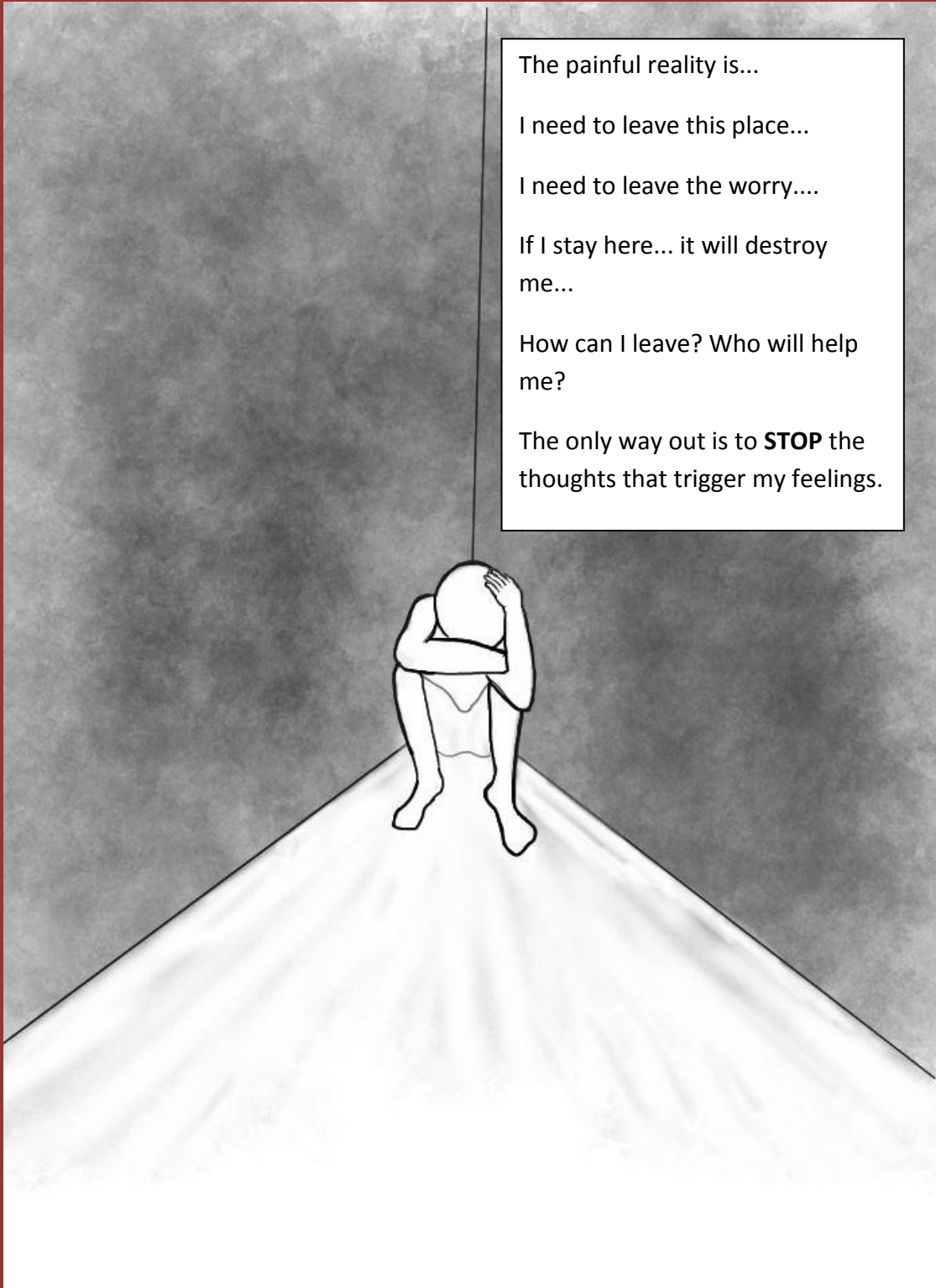
Like it or not...

**only you can stop
the feelings....**

and....

if you don't stop them...





The painful reality is...
I need to leave this place...
I need to leave the worry....
If I stay here... it will destroy me...
How can I leave? Who will help me?
The only way out is to **STOP** the thoughts that trigger my feelings.

How can I be free?...

I have to learn to spot the worries...

They are dark dangerous spiders who climb into my mind and poison me...

I have to learn that I am 'me' and I am **not** my thoughts...

It is *vital* important right 'now' not to let my thoughts trigger feelings...

Because the feelings will take control of me... I need to realise that I am in control...

How can others help me?

They can remind me not to entertain thoughts which disturb me....

Remind me of fun positive times...

But is it possible not to 'think'?

Yes it is...

I can 'be me' without any thoughts.

In fact the more I spend time 'being me' without letting the thoughts disturb my peace...

...the less I need to think about 'things'.

My thoughts don't have to have a shape. Presence in my mind, presence within me is enough.

The more I do this, the stronger I become and the less the fears and negatives invade.

What have you got to lose?
Do you want to stay where you are?
What are you holding onto so badly
that you do not dare jump out and pull your parachute chord for?



Let go of your worries and anxieties...
Replace them with images, sounds, songs
music, photos, people, walks....
Anything and everything that brings peace
joy, love, good thoughts into your being.

There is a way out...
but it cannot happen to you...
You are the only person who can make
it happen....

Let go of your worries and anxieties...
Replace them with images, sounds, songs
music, photos, people, walks....
Anything and everything that brings peace
joy, love, good thoughts into your being.

And then...

keep moving... to stop it coming back....

Cambridge Chronicles

This book has been published as part of a self-help series for young people and adults. In the series, words, pictures and poems have been put together to lead the reader into a place where they are able to acknowledge and recognise the thoughts and feeling which may be holding them back from reaching their full potential.

In this series:

Being 'Me'

Anxiety and 'me'

Depression and 'me'

Self Talk and 'me'

Loneliness and 'me'

About the author:

L.M. Homan is a qualified Youth and Community worker, Social Worker and mental health professional. Having spent many years working with young people and homeless people, she became a Mental Health Professional. Through personal experience of mental health distress, and helping others, she decided to write this *easy read* series.

Young people have been involved in producing the photographs and drawings. Particular thanks go to Holly Homan.



Cambridge Chronicles is pleased to announce the publication of an exciting *pilgrim's progress* e-novel by L.M. Homan. This adventure novel *Journeys in Souldeloom* is available at:

www.souldeloom.com

More information available at: www.cambridge-chronicles.org.uk