



Pânico & Ansiedade

como eu superei após 6 anos

It all starts with a small thing, a frustration, something silly, a tease, a discussion, learning that so-and-so talked badly about you and getting it over your head, some debt you didn't have time to pay, simple things! simple things that to us seems to be the end of the world, a total despair, you let it go then at some point you start to feel your heart beating there's nothing going on anymore you start feeling that a bad thing will happen at any moment, and it starts to be frustrating you start to lose your breath your breathing gets hard, it seems that no matter how hard you try the air doesn't get to your lungs, and it seems like the only way to get in and yawn, then you start sweating and the feeling that something bad will happen continues, you start to have a thousand thoughts, start thinking of all the bad things that ever happened that can lead to this bad thing that is about to happen is a mixture of thoughts, then you start to be afraid, and the heart starts to throbbing to the point of thinking you are having a heart attack!

You realize how the lights begin to encompass, the brightness begins to encompass, you begin to turn off the lights close like the windows and you start to think that something bad that happens when it's about to happen, only nothing happens, and the only thing that not enough and you just have a panic syndrome. Not just how many other people face a panic and anxiety attack, and the hard part is not dealing with these symptoms and other symptoms, but dealing with people saying that you make up the disease not to do things, which is not the last case where you are lazy, or even what you are looking for to draw attention, that you are bullshit, that thing in your head, that you need to look to God that this and enemy thing, I think like the people who no Knowledge in this syndrome should only be an opinion, because a word can destroy the day of someone who has crises! Agent wanted it to be just laziness, because then agent didn't make a thousand plans in one day and wake up with all of them destroyed because we found unable.

Agent would not have sleeplessness, we could sleep without having thousands of nightmares and wake up the other day with the feeling of having a truck over us so tired. In more advanced cases of syndromes as it was in mine, some people are isolated because they think they are insufficient, because they think no one likes them, and that everything they do for them is merely pity, people are afraid to go out and think that there is someone following them, and frustrating these cases. People who have crises are literally rigid with themselves, always judge themselves, and are tortured by things that have happened in the past, always thinking that the mistake of all things was theirs, which generates new crises, we have a lot of concern for the future. , I really consider people who have panic and anxiety syndrome as strong people because a person who has a crisis feels pain 24 hours a day, imagine ?! Having to live with it when it's not a backache and a headache or an upset stomach, or even a tightness in chest pains, palpitations.

As much as we want peace, it seems far away from us because we literally live always in fear, fear of impending death, fear of heart attack, fear of being sick, because your head makes you think that these symptoms are not only linked to But there is something beyond that, fear of having a panic attack at any time or in public places and this often makes us let go in some places that are too closed, our fears end up making us have a panic crisis, the head of a person facing this syndrome and like a time bomb ready to explode, are thousands of thoughts among them regrets of things they have done in the past, we think we are always unable to do so in a day make a thousand plans and we got discouraged the other day because no matter how much we see so-and-so things work out we never believe in ours, and all our thoughts blame ourselves, bringing a great sadness. This is an existential void and often even causing a depression.

Because people who don't have panic or are afraid to stop because they don't go through it, because it really is very bad, they need to understand that the agent has no crises every day and yes, can wake up with plans, smile, sing and after 30 minutes, if you are stressed, crying, if nothing is felt, anxiety will become bipolar, if an hour is younger with the world venting so much sadness, when you are with someone who has no crisis while a person is thinking no pillows at night and sleep peacefully, we spend all night going through that fact we spend a whole week having panic attacks because of the fact, any problem for us gets bigger, or panic attack seems like nothing else is not so, There is always some trigger, however discreet, as we sometimes have a quick and fleeting thought, which they don't even realize, and it comes in the form of a bomb right after. People who have this crisis can get fat or lose weight.

The difference between anxiety and panic you know?

Come on .. Panic is a mixture of varying symptoms that lasts a few minutes and involves four or more of the following symptoms: Palpitation, heart beating hard or fast; Sweat; Tremors; Shortness of breath (most common) Feeling discouraged, Nausea or abdominal discomfort, Tingling, Chest pain or discomfort (which many people think is having a heart attack), Chills and feeling hot, Feelings of unreality, Depersonalization if it's the same), Fear of losing control or going crazy, Fear of dying. Hardly the attack occurs only once and is only a repetition of the characteristic or panic disorder. It can lead to depression and greatly impair the quality of life of those who live with it.

They are already anxious, they are also emotional and physical, but here they do not last a few minutes. When a tension peaks, trembling, sweating, headaches, stomach problems and nausea may appear. The emotional ones, in turn, are very intense and constant. A person feels flustered, always irritated and with an explosion point. "Restlessness and feeling of being limitless, tired easily, with difficulty concentrating and feeling constant muscle tension are other indicators" In addition, anxious people do not sleep well, have insomnia or feel that they are not enough. If these signs are used most days in recent months, it is interesting to see a psychiatrist to see the level of your disorder, seek treatment with time or more often than the worst.

The onset of my seizures and how I got rid after 6 years

I will tell you about my trajectory living with panic and anxiety for 6 years, I confess it was not easy, I confess that I do not know how I did not put my foot in the bucket and give up everything because nothing else made sense until ... Oh this I tell you at the end of the book. My seizures started when I was 17 and I was on another normal working day, I worked with my uncle at the fair at the time, suddenly my eyes got dark and I got dizzy my breath soon gasped, and short, it seemed like I had forgotten how I ran in a bakery across the street to buy water, it seemed that I was going to pass out after 10 minutes I felt better, but I noticed that my breathing was different very short, after that day everything changed in my life ..

I confess that at first I thought I was going to die, I did not recognize those symptoms, and honestly it was the worst thing I ever felt, since then my excess of daily worries about feeling anguish in my chest and a short breath began, so they started to repeat every day, in the morning / afternoon they would not come because I was too busy so I forgot about them, but all night all the occupation and thoughts I had was the reason for a new crisis. I would lie down scared to happen, I started spending my nights in the living room, and I set the tv so high that I couldn't sleep because at that time my fears began, I was afraid of sleeping and just not waking up because I never really I had felt that way I did not know what it was, I was afraid to go to the doctor and discover a malignant disease and I deprived myself to go, it was at this time that I started the schism that I had asthma, because I miss it so much of air ..

so I decided to go to a pharmacy and say what it felt to a pharmacist who wanted to sell soon told me that I should buy an asthma inhaler, I was broke and went home to buy the other day, almost not sleeping right so anxious and hoping that everything would be solved buying the blessed bomb, I woke up with a dismay, tired because I had not even slept the night of such a crisis, and then give up, because I was no longer able to catch up and thank God in that part , that day because you imagine taking bombinha without asthma is not it ?! So I will say do not look for diseases on the Internet, do not consult yourself typing what you have and see if you hit any disease and put in mind that has it, really seek medical help! Anyway, days go by months go by and I feel it all by myself, I didn't have the courage to tell anyone I was afraid, I felt short of breath, restlessness and dizziness.

Well ... It was then that my worst fears began, I started locking myself at home, any noise I was already running to see from the window if there was someone wanting to enter, I was aware that someone wanted to kill me, even though I knew there was no reason for it. It was a war inside me that made me feel scared. My hands were sweating, my heart was pounding, my breath ached, my chest ached, I spent days with severe seizures and locked at home without telling my parents why they came and I was always locked, got a job and then left, no I could walk on the street without thinking I was being chased, I looked back, sideways, behind the cars, no doubt who saw me thought I was crazy, so deciding not to go out on the street, but continued with my fears inside At home, I knew I had to study, work, but I didn't have the courage to face this situation, it seems that I was living in a horror movie.

That was when I started to think that nobody loved me, and that everything that people did for me was for pity, if I got into a relationship I thought that person was with me for pity, if my parents said they loved me, I thought that was for pity, I thought everyone looked at me with pity, and then I started to discredit everyone, I started to isolate myself and me, and inside my room was my worst crises, it was there when there was no one to see, when there was no one to say that everything would be alright, even though I believed that nothing would be, after all no one knew but what I was going through, that was where I felt my breathlessness, that was where I had insomnia and couldn't sleeping when I slept had a million nightmares, I woke up in the middle of the night out of breath, I woke up in the morning tired, exhausted, that was frustrating I was tired physically and emotionally, I started to fear the crises, in my head I already est I was aware that they would come every day, and believe me I was already waiting for them.

No doubt if I had sought help at the beginning of the crisis I would not be here telling the worst part of my syndrome ... And I thought about it every single day, I couldn't have peace it was every day, my mind wouldn't stop for a second, it was fears, worries, bad thoughts, feeling that something bad would happen I lay there feeling everything and waiting for the news. bad to come, it was frustrating, I called my parents, I wanted to know if they were ok, I felt this bad news would come from my family or something bad would happen to someone close to me or even, it was dreadful when everyone came in At home I was really happy .. for a little while because then the crises came back for some other reason. My life has totally changed I could no longer sit on the living room couch with my family to watch a movie, then I felt dizzy, sweating on my hands, trembling, all because of the fact that I'm trying to concentrate, I went back to the room, isolated myself , and it all started again.

It was making me tired, I didn't eat right because I had a sore throat feeling, I was afraid of choking and dying, I started to realize that the food was poisoned, and that if I start it would die, it was my own mom who made it and today It makes me wanna cry to think that I imagined that, but it comforts me to know that ... It wasn't me, it was the fault of anxiety .. with that I started to lose weight too, were when came the criticism of people who didn't even want to ask if I was fine, if I need help, what was going on, I confess it was a pretty bad phase, people calling me lazy saying that I was making excuses for doing nothing, when in fact I really wanted to make excuses at least that way I wouldn't be living that horror movie that only God and I knew I was going through, worse than that, it stimulated my crises more because I kept those words in my head, thinking, thinking , and days and days going by and things just getting worse ..

It was then that on an ordinary night I was having dinner everything was all right, it was 11 pm, I felt bad, a dizziness, breathlessness, chest tightness, but it was different, I was having a panic attack, a burning chest, choking, I swore I was having a heart attack. Crying felt a deep despair, I really did not know what was happening, was passing me everything that I imagined and that I would die, really was one of the first things I ever felt in my life, and only really who knows that I am speaking, it was then that I realized the more I enjoyed the more I felt other symptoms, and getting stronger faster and more like a heart attack, I asked my brother quickly to accompany me to the hospital when I got on the bus started talk about other things, and when I almost got to the hospital to say that I was fine, I felt great, I didn't feel anything anymore, we ended up coming home, once again I postponed to the doctor.

Since then I started to think I had other diseases, I first thought I had a heart problem, I put it on my head and I didn't settle down until I had the proof, I appointed a cardiologist, so I gave nothing, not satisfied and discrediting the doctor himself. again nothing, then I marked another was in sequence in a year I went to 3 cardiologists, great was not with heart problem, breathing relieved thinking that then would have ended my problems because I would not have thoughts in the head, but then I started to say that I had stomach cancer, because the syndromes made my stomach feel uncomfortable, I spent time thinking that as much as I said no my mind said I had, I also started to think that my breaths were because some vein was clogged so I went online and I researched home remedies started drinking garlic water in the mornings which resulted in a fever, headache, I went to the doctor, and my stomach was working faster than it should have had gastrotherapy.

finally I said I had bladder cancer because I felt a pain, I think it was even colic but I couldn't explain it to my head she said the other way around and I was freaking out, so I scheduled a gynecologist, I also took hiv , all the negatives but I was still beating these fears in my head, this was a very difficult period of my life and at that time I just lost weight. I was sad, I didn't know why this was happening to me, so I started with depression, I started to wonder why I was still alive, started with suicidal thoughts, until then no one knew I had not told anyone, I had no friends, my parents hardly saw me when they arrived I pretended to be sleeping so I didn't have to talk to anyone, I didn't go to the family house, at that time my crises made me hate everyone for thinking that nobody liked me, when someone tried to talk to me I gave a bad answer, I was nervous, sad, it was a mixture of feelings.

I remembered how much I loved living, how much I loved my family, remembered how happy and laughing I was, remembered how I was the jolly school fool making everyone smile, looked at me and saw that I was a sad silly, I also remembered that it was panic and anxiety, it wasn't me, it was then that I decided to move, go to the post appoint a doctor was actually a psychologist I needed but I knew the date was for another month and I did not want to wait, I did not know if I could bear to wait in doubt I chose to appoint a doctor soon, so they gave me a medicine called valerian was a soothing that I took a long time in the hope that it would work with me, but had no effect perhaps for my seizures are advanced, or I am so anxious to function that it got in the way, then a clonazepam passed, that if I forgot to take a day that day the crisis came worse, I no longer wanted to take medicine even because I was scared to death of harming myself, and that fear was part of anxiety and panic.

Then I started to put in my head that I would change that! I wanted to live! physically and emotionally, because since my first crisis my life had been very sad, I was so hostage to this problem that I was not living or even enjoying the good things in life, I started trying to think positive! and it was hard to see, but my desire to improve was bigger, the first step of the crisis and you accept, and if you agree that in fact you have a crisis, and not try to prevent you from having a crisis, go back to places that you stopped go, change the phrase "Ah more I'll be sick" by "I may have a panic attack there, but it will be just a 10minute crisis just don't freak me out after all it won't kill me" relax be aware that you You're having a panic attack, and it won't kill you, let it happen! And whenever you have physical symptoms you repeat to yourself that it's just a panic attack, and it won't kill you, you're not having a heart attack and just a panic attack! Don't try to run away let it happen.

If you repeat simultaneously and calmly you will automatically relax, but for that you need to believe in yourself, you need to believe that all this is only part of a psychological problem and that will not take your life, is fleeting and the best way to pass and you accept that you are going through a panic attack, Today I can say for sure that yes, live and good! Living is wonderful. To think that I wouldn't be here to tell this story if I let myself be led by a problem that I only overcame when I settled for what I had, when I believed I could win, when I kept saying it was just a crisis and nothing more, my brain screamed making me think it was other diseases, it was heart attack, wanted to make me feel scared, but my mouth said it was just crisis and today I'm 23 to tell you, mate, more mate of your life everything what makes you think life is bad, that life makes no sense, kill sadness, kill stress, kill loneliness, kill bad thoughts.

I say these crises are a fight with your brain but in this fight you need to be knocked out, because you will let him believe that he is winning, when you are having a crisis just say "and Anxiety Crisis is just panic soon passes . You need to speak firmly and show your fears that you know what you have, and when you least realize you will no longer be afraid. today I won't deny, I'm still afraid, afraid of her coming back without warning just going in and invading me, waking up in the middle of the night with her choking me, afraid of my hands shaking, my heart pounding, feeling dizzy, crying for no reason to feel like something bad is going to happen all the time, fear that will take my peace again, disturb my sleep, take my concentration, make me give up all my dreams, make me wake up tired, make me feel isolate when there is a beautiful sun out there that makes me feel everything I least want to feel, to have to live again .. it's just fear of those who have been through it.

How did I really get over it?

Well let's go to the most interesting part, which will help a lot of people, well as I said after taking several unsuccessful medicines deciding to resolve for myself, I began to accept anxiety in my life, resolved to treat it as part of me, so alleviated all every time she came and I said "Oh here you come again right" I started playing with my brain pretending to understand that it was normal, I didn't despair, if I was washing the bowl and I felt dizzy or short of breath, I wouldn't stop and I would run to my room and go to bed, I would continue to wash pots and put on a loud song when I did not even notice it would pass, I started to see it as a natural thing, when other symptoms came I just said, I didn't see myself kill, it's just a crisis panic and often she just threatened and didn't even come because I didn't feel scared, I started making plans and being anxious to finish them was a good anxiety, anxiety to finish something. I was trying to get my mind on good things all the time.

I adopted a dog for me to have more reasons to feel more alive, knowing that he needs me, my smile, because whenever I left he cried for me not to go, and when he returned he wagged his tail with a happiness that I never thought anyone would be so happy to see me like this, whether or not a friend was a distraction a happiness, so I realized that I was feeling better when I woke up and was walking I saw the sun reflecting the plants, the ground and I confessed it was beautiful I started to see another side of life a good side. Recommendations Good all night I ate something light, I did a diaphragmatic breathing exercise that and breathing through the nose throwing the air to the belly instead of the chest, fills the belly and loose slowly, empty about 20 times, took a hot shower and took a chamomile tea did the same things every night, diaphragmatic exercise, hot bath and chamomile tea, or lemongrass, but for me I found the chamomile best, buying sachets at the supermarket.

I slept all night because I was relaxed, honestly after I started doing that I had no more nightmares, I did not wake up at night with breathlessness, I woke up in the morning with a great mood, I no longer felt that anguish, I left again without fear, I started to want new friends to socialize me more, it really did me very well this method I used, this combination, and advice don't take coffee cut caffeine I'm not bluffing, can take the test later tell me, anxious people who drink coffee get even more anxious and I realized that whenever I took the night always gave me many crises, my stomach was bad, I was sad, when I stopped I felt much better, coffee messes with all the nervous system what and a great weapon for anxiety attack, avoid take alcohol also mainly, it only has a sedative effect, but the other day the seizures come back stronger, I remember when I took to try to escape, In the morning when waking up have a passion fruit juice. Assuring you that just like me you will be much better !!!!! Kisses to you and don't give up!