

My journey

I have used and have been suggested the below which has helped in my experience with anxiety and depression I wanted to share this with others who may be in a similar position. This might resonate and be helpful to you in your recovery journey.



1. Avoid negative thoughts at all costs **“you can't afford to have a single negative thought”**. They only cause doubts and overthinking, which can result in a downward spiral in mood.

2. **Keep focused on things:**
 - a) Jobs or chores at home, projects like decorating or gardening even a garden design, plan holidays.
 - b) Learn something new like a sport, hobby, craft or even music.
 - c) Keep busy, don't sit around, as 'work or activity' is your best friend and keeps your mind positively occupied.
 - d) Don't ruminate, because mulling over your problems just reinforces them to keep revolving around in your mind.

3. Don't stay in bed where you'll be dithering/analysing things and thinking it's hard to get up. If you can't sleep or wake up in the very early hours, get yourself up, try listening to music or watch TV, or do something useful like housework, ironing, cleaning or even go for a walk. If you've got problems on your mind, have a notepad and pen by your bed and make notes so you can unload those thought.



4. Always try to imagine yourself in a better happier state, as you were before your illness or how you want to be in the future. Keep that positive thought firmly in mind as an affirmation or visualisation - it's very powerful

copying tool. It may seem hard to try fighting the low mood or melancholy etc you may have, but if you keep looking beyond your current failings and regularly doing it, they become like a glimpse of light shining through the dark feelings. If you keep this up regularly, you find that the glimpses of light increase and become joyful relief. This process will help dispel your present mood low mood and melancholy. When you have positive thoughts they are very powerful and can help you heal your mind given the chance.

5. Get out and do something you used to do and see everyone you saw before, don't exit yourself from social groups, no matter how wretched you feel, in fact try not to stop seeing them, try to act as if nothing's changed. Social contact is a human need and helps to heal most problems you have by connecting with other people.

6. Think of new hobbies, activities or interests make plans to take part in them, so you have something to look forward to. Do physical exercise like walking, swimming, cycling and gym, as fitness helps mental health, produces hormones called endorphins (happy feelings) in your body and attract acts as a distraction to negative thoughts.

7. Plan to meet new people either through social groups or activities, push yourself to go no matter how fearful it may seem, it's never as bad as you think it is, people are friendly and may have their own issues, use the old adage ***"Feel the fear and do it any way"***



8. Offer to help to organise things and help others where you can maybe do voluntary and charity work.

9. If past thoughts rise to cause doubts, panic, guilt or create negative thoughts - remember that's simply what they are ***"in the past"*** and don't beat yourself up about them. Ensure you forgive yourself for any mistake you've made, whatever it may be, because harbouring guilt locks you into the past, which is not where you looking to be. This forgiveness is a form of letting go of your troubled thoughts and will reach release you from a lot of pressure.

10. Learn to challenge any negative thoughts every time they arise and have a logical answer or alternative solution to a problem, maybe even feel you're 'swatting' them every time they appear in your mind.

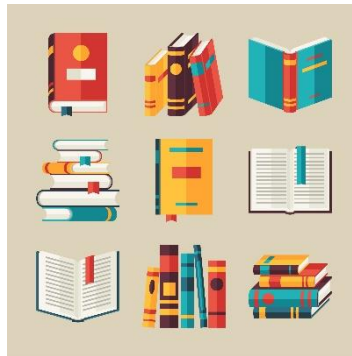
11. Maintain or create a trusted network of supportive friends, which are vital in life regardless of your situation. Trusted friends are those that keep your personal life totally confidential.

12. Ensure you know where you can go for help and have got the contact details when you're in a crisis
[Urgent help and support for your mental and physical health | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](https://www.hacw.nhs.uk)

13. If possible try to resolve all your problems entirely yourself that causing your condition, with a minimum of outside help, except for trusted friends. This process boosts self-esteem, self-reliance, resilience and simply makes you feel stronger and more confident

14. Avoid contacting or appealing to random people you're not sure of with your worries, especially if you know them - it can prey on your mind that they then know some of your inner secrets and personal feelings. This is detrimental to your feelings of trust and confidentiality, as they may gossip about you or you feel they might. So only confide in your trusted friends or members of your support network, then you'll feel safer and more secure.

15. Develop your own inner strength and set of coping tools to deal with your worries or problems affecting your health, even write things down to remind and affirm them.



16. **Additional notes of things to help your well-being:** Consider how you run your life with regards to films, books and TV viewing selections. Avoid violent, sexual, supernatural, ghost and horror films because such subject content can be a bad influence on thinking for some people. Go for healthy subjects like nature, science, engineering, astronomy, geography, or history etc

Comedy (mild and clean) and sport are good boots for feeling happy.

Books Fiction is OK as long as it's not violent or any other disturbing subject. Education and personal development courses are a very good very good thing, acting as a distraction and giving you a view of the future

17. **Internet browsing gaming and entertainment.** There's a lot to gain from using the Internet for studying things and the same goes for gaming, which can be relaxing and educational as long as it's not on the avoided subject list mentioned in note 16. Avoid social media unless you're totally conversant and in control of it, it can lead you away from calm healthy thinking. Learning a musical instrument can be very enriching and a total distraction from your worries because you're only concentrating on that. Some media content can affect the minds of certain people, who may be in a vulnerable or emotionally low state. They may become influenced by what they see or read, where there can be condition can worsen or even have a new condition develop.