

Anxiety and Mental Health Awareness

“People who have a lot of trouble with anxiety are kind of ashamed or embarrassed about it, and are not so willing to talk about it. Maybe they don't tell anybody and if you're not willing to tell anybody it makes it harder to get any information on it.” this quote was from David Carbonell he is my hero. I chose him because anxiety is a huge struggle for me and many others. It can be confusing because there are so many different kinds, that people tend to suffer in silence. A lot of the time people think they are insane however they just don't fit the “common” anxiety symptoms.

This is an issue because when you have anxiety you feel crazy especially if no one around you can relate. There is this stereotype that anxiety has to be crippling to count. However that's not the case, some people have it more severely than others and that doesn't make it any less valid. This spectrum of anxiety can make it hard to get diagnosed because if you “don't fit the right symptoms” or it “doesn't affect you enough” it doesn't count. “Maybe you find a good website and maybe you don't.” There are so many tests that you can take that will just make you feel worse because you “don't fit in the spectrum”.

I found this to be the case for me getting diagnosed because I didn't fit some of the “norms” of anxiety. For example when I have panic attacks I don't tend to hyperventilate and cry or shake. It looks more like me just staring into the distance. For me though it feels like if you were to jump off a cliff and you have that moment of pure fear but instead of being able to see where you're going you have no idea and no control of your body. I was never told that anxiety can look a lot of different ways, so I would research every single symptom I had and I found panic disorder. A few years later I got diagnosed with generalized anxiety, social anxiety, and panic disorder.

“There are medication treatments that people can use, the problem with a lot of medication treatments is that it gives people a sense that the medication is protecting them, so they never really lose their fear they just have the effect of feeling like there always being protected, and if they run out of there medications they become afraid” this may be a problem however it can also be very helpful with the right dosage and support system. There are lots of different ways to get help and some methods work better for some and for others they might not work

at all. It takes time to find the strategy that works for you which sometimes can feel frustrating. However in the end it's worth it because you are able to accommodate your needs.

David Carbonell is a hero because he helps people find strategies to cope with anxiety. Mental illness has become a taboo thing which just makes it worse for everyone involved. It makes people scared to ask for help because they don't want to get bullied or made fun of for it. We need to speak out about mental illness. That is why David Carbonell is a hero because he and so many others work hard each and every day to make the world a better place.