

# CONQUERING ANXIETY

## Building Myself

1. Sleep is key. Even if you are not sleeping well, stay in bed. Just lie there, because you are still getting rest and you need that rest. Try not to get up and do other things. It can lead to a bad habit.
2. Have you tried listening to light music when you go to bed? Cooking is great too, but not in the middle of the night!
3. Talents are huge when it comes to breaking anxiety. Keep doing them. Especially writing. Write out your thoughts and see what you can do to attack them one by one.
4. Have you tried any meditation, basically trying to clear all your thoughts from your mind? Mindfulness as well ... this keeps you in the present. Check the internet for further instructions on credible "medical" sites (not Dan's Mindfulness Site, or Meditate with Susie, if you know what I mean ;)
5. Have you been exercising? This is really important. 3 to 4 times a week to get your juices flowing. It will definitely decrease your anxiety. It was, and still is, a lifesaver for me. Even a brisk 20-30 min. walk does the job :)
6. Eating well ... cooking well ... always important.
7. **AVOID ALCOHOL AND DRUGS** - if you're on prescription medication, avoid both of these. Prescription medication **can lose its effect**, and damage can occur - higher levels of anxiety and depression. Doctor-ordered prescription medication will help you heal; drugs do the complete opposite. **Healing is way too important. Make healing a full-time job.**
8. Read. Read all that you can. Read positive uplifting stories and learn from the struggles of others. Talk about food for the mind!
9. Have you tried colouring? I find it drops any anxiety I am having. Colour to music, relaxing music. This is more effective than watching movies.
10. Bath ... so they say! It does really work well. Go for it ...
11. If you ever use candles, I suggest those fake candles. Those types of lights are very soothing and safer.
12. Visualize yourself in a positive setting. Use positive, motivating, and encouraging music. Use whatever to make your mind relax.

13. Listen to positive and feel-good music. There are some spiritual Christian songs that remind me I am never alone. You may be one who believes in someone above. I'm not sure. If you are, go to your faith and trust God in everything. He is always there. If you don't have a faith life, try and find one by looking up. Just look up. God is always looking down and reaching. Also, remember that faith does not only mean a faith in God. You can have faith in family, friends, doctors, etc. Faith is trusting and believing in someone. For me, ultimately, it is God, but it was also the people mentioned above. Faith comes in many faces.

Here are some songs that have helped me realize that I am not alone. Just relax and know that you are loved. If it is God you are thinking about, great. If not, choose a loving face in your life and know that you are never alone.

Thy Will - Hillary Scott & The Scott Family  
What a beautiful name - Hillsong United  
Oceans - Hillsong United  
Alleluia (violin) - Lindsey Stirling  
How Can It Be? - Lauren Daigle  
Tell Your Heart To Beat Again - Danny Gokey  
Jesus - Chris Tomlin  
He's A Chain Breaker - Zach Williams  
Eye Of The Storm - Ryan Stevenson

**\*\*FINAL NOTE and incredibly IMPORTANT point:**

**JUST SAY NO TO DRUGS** - I am an activist in the fight against the legalization of marijuana, a decision that would negatively affect our whole country. As an advocate of mental health, I have been sending out a document against the legalization of marijuana to Members of Parliament and Premiers throughout this country, including Justin Trudeau. Marijuana destroys lives, especially the lives of our youth, whose brains are not fully developed until the age of 25. After 25, it is just as damaging. Should marijuana become legal, promise me that you will **NEVER** touch the crap. It is damaging, it is a depressant, it kills our brain, and it is especially dangerous for those suffering from mental illness. Doctor-ordered prescription medication was a crucial part of my healing, and it helped save my life. Marijuana, or any type of self-medicating, would have destroyed it.

Join in the fight. Just say NO. Your life is too important.

**JUST REMEMBER ...**

Be resilient in your journey. Never lose hope. Speak up, stay strong, keep the faith, and know that with hope comes possibilities; with possibilities, you can achieve anything.