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Anxiety: The Journey



Many do not know that they can be helped...



Once upon a time, in the vibrant city of Johannesburg, there lived a remarkable woman named Dr Naledi (not her real name). Dr Naledi was not just any ordinary doctor; she was a compassionate and dedicated medical professional who spent her days tirelessly caring for her patients. However, behind her confident demeanor, Dr Naledi struggled with a hidden battle – anxiety disorder.

Anxiety is a normal response to stressful or threatening situations, like when you're about to take a big test or speak in front of a crowd. It's like your body's way of getting ready to deal with something tough, like deciding whether to fight, run away, or freeze.

But for Dr Naledi, her anxiety was like a constant storm brewing inside her mind, making her feel overwhelmed and afraid even when there was no real danger.



You see, Dr Naledi's anxiety disorder made her worry excessively about things that others might find small or insignificant. It wasn't just normal worry; it was like her brain was stuck on high alert all the time, making it hard for her to focus on her work or enjoy simple pleasures in life.

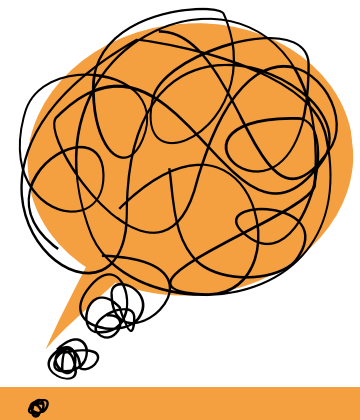
Dr Naledi first experienced a panic attack in her early twenties. It was a terrifying experience that made her feel like her world was crumbling around her. She couldn't breathe, her heart raced, and she felt like she was going to die. From that moment on, Dr Naledi lived in fear of when the next attack might strike.

But Dr Naledi wasn't alone in her struggles. Anxiety disorders are more common than you might think, affecting people of all ages and backgrounds. In fact, they're the most common mental illness in South Africa and the USA. Yet, many people still don't believe that anxiety disorders are real illnesses that deserve help.



One of the hardest parts for Dr Naledi was that her anxiety sometimes made her act in ways that others didn't understand. She might snap at people or seem overly cautious in certain situations, but it was all just her way of trying to cope with the overwhelming feelings inside her. Her worry kept her awake at night and led to difficult relationships at work.

Growing up in a challenging environment with emotional or other trauma can cause anxiety. Dr Naledi knew this all too well, as she had faced her own share of hardships as a child. But she refused to let her past define her, and she was determined to find a way to manage her anxiety and live a fulfilling life.



Thankfully, Dr Naledi learned that there are effective treatments available for anxiety disorders. She went for an assessment by a psychiatrist, who referred her to a psychologist for talk therapy. Cognitive Behavioral Therapy (CBT), has been proven to be highly successful in helping people like her learn coping skills and overcome their fears. Other strategies, like exercise, meditation, and medication, can also be helpful in managing anxiety symptoms.

Dr Naledi's journey with anxiety was not an easy one, but it taught her valuable lessons about resilience, compassion, and the importance of seeking help when needed. Today, she continues to inspire others with her courage and determination, showing that even in the darkest moments, there is always hope for a brighter tomorrow.



HOPE

