

## **Good Mental Health**

by Hannah Maire Palmer

Over forty million adults in the United States age eighteen and older suffer from anxiety. Most people though do not understand the meaning of anxiety and then self diagnose even though they do not have it. So, in this essay I am going to break it down so people do understand.

Anxiety is your body's natural response to stress, a feeling of what's to come. Before or during an anxiety attack you may experience chest pain, racing heart and difficulty breathing, which may lead to you feeling as if you are going to faint. As you read on, you are going to read about having hope and healing in the process of recovery. I hope you enjoy it.

### **Hope**

When suffering from anxiety, you may experience feeling nervous, anxious, weak, tired, and most importantly feel alone, all of which can make a person break down. But there is always hope when someone is there to help you through it and understand what you are going through. This will make you feel a whole times better and make you feel like you can do this and get through this rough patch that you are going through.

### **Healing**

Sadly, there is no confirmed case to cure anxiety. But there is still a whole bunch of ways to get through an attack such as taking medication that your doctor prescribes for you, seeing a counselor, and talking to them about how you feel to just get it all out can sometimes help. If you don't feel comfortable talking to a stranger you can ALWAYS talk to a loved one who makes you feel safe sharing something uncomfortable to talk about. It just depends on what works with you and your family. All that I have suggested to you is not guaranteed to work, but always keep in mind that recovery is a very long process and it may be super tough along the way. Just remember you will get through this with or without someone's help, because you are a strong human being.

### **Recovery**

Living with the fact that you can say out loud to family and friends that you recovered from anxiety is probably one of the best feelings that someone can encounter and you should be proud to say it. You definitely should not be ashamed. But if you happen to encounter someone suffering then you should be proud to say that you can help them through it and then there is hope.

After reading this essay I hope you understand the importance of having anxiety and that it can be very dangerous, but there still is hope and over 6.8 million people have recovered. If you or a loved one is suffering, you just know that there are many ways to recover and you will get through this. Stay strong and safe.