

The problem I was facing:

I started to struggle with anxiety in the corona times after hearing news of a certain movie star committing suicide.

Before this news, I never faced anything that can be termed as a panic attack or an anxiety attack.

I was always dealing with stress with a healthy frame of mind.

Although, I had problems like stage fear, pangs of nervousness however I was able to cope with it.

After the news of the incident, I started becoming panicky and developed thoughts of dying (example – ‘what if I fall off a building, what if i am left alone and I die, what if the same thing happens to me as it happened with this guy or that person’?)

I had developed a fear of death and all my thoughts revolved around death.

I sought help from a psychiatrist before approaching Geeta which turned out to be a negative experience for me because of excessive meditation and unreasonable therapy treatments that I was asked to undergo with the Doctor.

My Symptoms:

Emotional:

- . Feeling blank
- . Frustrations
- . Irritation
- . Fluctuations in Mood - Very excited or very low
- . Taking things too seriously/Lack of sense of humour
- . Sensitive towards stressful news
- . Unable to cope with difficult situations/High panic alert in mind

Physical:

- . Headaches
- . Dehydration
- . Sweating
- . Sensations in feet
- . Sensations in fingers of the hands
- . Overactive brain (Seeing smaller things in a magnified way) - Amygdala Hijack

Mental:

- . Mental blockage
- . Fear of death and dying
- . Severe Anxiety
- . Fear of the worst
- . Self harm thoughts

. Low moods

My Process & Journey of Healing:

1. Journaling:

I was told to journal my feelings without fear or judgement.

2. Punch the pillow:

Punch the pillow technique was incorporated to get over my anger issues that were a part of my childhood.

3. Inner Child:

Inner child therapy was used to know more about why I feel the fear that I am feeling. I was asked to close my eyes and go back into my childhood to understand the root cause of my problem.

4. Deep breathing: Two types of breathing techniques were taught to me to overcome anxiety:

- a. Humming sounds: In 3 rounds
- b. Aaaaah sounds: In 3 rounds

Prescribed for as many times as required throughout the day.

5. Knuckling on the head: To overcome the amygdala hijack.

6. Balancing/Juggling: Balancing a book or juggle with balls in order to have a balanced frame of mind.

7. Drawing: Drawing with colours, pencils whatever comes to the mind as a form of expression of my fears or feelings without any judgement.

Drawing is made important in therapy to understand the mind better since not everyone can always write to express their feelings.

8. Guided Meditations: To overcome anxiety and fear, one needs to say Hi to anxiety and let go of the deepest fears. Guided meditation acted as a tool to overcome the negative emotions.

Change I noticed while going through the journey:

Before I started this journey with Geeta, I was not aware of the cause of such anxiety building inside of me.

Through practising inner child and guided meditation, I was able to comprehend that I have a lot of past baggage that I am carrying along with me inclusive of anger towards my parents, feelings of abandonment and loneliness due to a disturbed marriage between my parents and separate living arrangements.

It made me realize that my fear originates from memories of my childhood wherein I felt discriminated against with my cousin brothers due to lack of financial resources in the family. This developed a feeling of nervousness early on in my childhood which continues to be a part of my life.

Geeta told me to practise all the methods as mentioned above, everyday for the three weeks that I was in therapy with her. I could feel a difference in my mood from day 1 of the journey.

I could understand my anxiety and was able to eliminate my negative emotions with the help of journaling and deep breathing.

Guided meditation worked wonders for me. It helped me boost my confidence, made me understand a lot about me as an individual.

These tools sound simple yet proved effective in my case. The best part being that I did not require any medication to heal. Deep breathing is proven to be the best medicine in my case. I felt lighter after every session. I was able to communicate my emotions out into the world more clearly.

For self harm I was told to welcome the thoughts fully, acknowledge them instead of suppressing them. Through visualization and guided meditations, I am able to change my negative feelings to being a calm and comfortable being.

I really appreciate the wise words that Geeta conveys during the therapy sessions.

Change I feel after the self healing journey:

I feel motivated to explore my mind and my mental capacity!

I am no longer afraid of my thoughts. I have learned to embrace my anxiety and not fear it.

After witnessing anxiety and fear, I can now confidently say that it can be controlled and minimized to the minimum.

My take away from my sessions is simple: *Breathe and acknowledge.*

I am now consistent with my guided meditations. I maintain a gratitude journal wherein I journal almost every day regarding my thoughts, fears, thankful entries etc.

I spend 20 minutes a day meditating. I still have pangs of anxiety and thoughts of self harm/fear of death. However, I am able to manage them with the help of daily meditation and self talk.

There are days or moments when one feels that there is no real improvement at all, but then there are days when I feel nothing but positivity. This is a normal reaction.

Anxiety is a roller coaster but Geeta has prepared me for this ride :)

I am confident that soon I will be able to change the course of my thoughts from negative to positive.

I am equipped with all the necessary tools to eliminate fear from my mind, body and soul and enjoy life.

