

6 Things Your Anxiety Is Trying to Tell You

Anxiety can feel overwhelming to endure. Maybe you've tried everything to cope with these feelings- meditation, running, journaling, all those fancy herbal teas, and whatnot.. Yet you still feel lost and are seeking the solution. What we often miss about anxiety or any form of distress or fear, is that it is not a battle to be conquered or a threat meant to be eliminated. It is instead an inner voice of our conscience that you could gain power from if you take a step back and pay close attention to its message.

Many of us experience fear as an overwhelming stop sign that warns us: "Do not cross!" But have you ever taken a moment to think about what this signal might be trying to convey? Where are these thoughts of fear coming from? What do they mean, whether that may be real or imagined, past or present? This fear is a message- sometimes helpful and other times not so much- but it conveys vital information about your inner needs, beliefs, values, and your relationship with the world around you. Let's explore what your anxiety might be trying to tell you.

Before we continue, please keep in mind that this article is purely for educational/informative purposes and is not meant to be a substitute for medical advice from a licensed mental health professional.

1. You're Overwhelmed

If your calendar has been filling up with meetings, events, reminders, and too many tasks and to-do's, there's a good chance your anxiety stems from too much going on in your life. You can't really be in more than one place at once, and the same idea applies to your mental state. You can't really think about two things at once, even if you try really hard! As author of the mental health journal, Vibe Check: Be Your Best You, Margarita Tartakovsky states in her article with PsychCentral, "Recurring anxiety may be a sign of unresolved problems. Focusing on pinning down what you're really afraid of and exploring why you're afraid of it can help." If you feel an unnatural amount of stress thinking about getting up and out of bed the next day, your anxiety is serving as a signal for you to scale back and take things slower. Perhaps you have too many unclear goals and responsibilities. In this case, it would be a good start to bring clarity and focus to your life by writing down clear, achievable goals and mapping out how you plan to approach them. It's not worth it to stretch yourself too far and too thin when it compromises your motivation, productivity, and overall well-being.

2. You're Plateauing

Even though you're always busy, are you bored of the same old, same old? Does your passion feel dry? Creativity feel stale? Is your daily routine fulfilling you or leaving you feeling the need to be fulfilled? If you feel lost and stuck in a monotonous lifestyle and feel anxious, this feeling may be a sign that it's time to step out of your comfort zone. According to Oregon Counseling, hobbies have shown to have various benefits on mental health, including lower stress, more

sleep, better physical health, more sleep, more social connections, improved work performance, and increased overall happiness.” So it’s good to try something new! Explore new interests, dive into new hobbies to pass time, and reach for a new love of learning. Trying something new can be intimidating for some, as humans have a fear of failure. However, it’s more helpful to view the learning process as the path to accomplishing more rather than an obstacle in your way. Your anxiety may be telling you that you have more potential you can tap into.

3. You Need a Break

Maybe you tried doing less or doing more and everything else you could think of in between- and there you are again, with anxiety still looming over you. As psychologist and Director of Behavioral Health, Jennifer Weber, PsyD, states, “using anxiety-relieving coping strategies without understanding why you’re anxious can become a Band-Aid or quick fix [and] as a result, you could miss out on the opportunity to resolve the underlying cause.” Learning how to cope with anxiety requires time and attention, which can both be hard to find under times of unpredictability and stress. It is crucial for the mind and body to get rest when under pressure so you can re-evaluate your needs, desires, and goals.

If you feel like you’ve tried everything to cope with anxiety, maybe it’s time to take a step back and take part in the most active form of doing... well, nothing. This can be called “actively” doing nothing because spending so much energy towards understanding your stress takes perseverance. After all, if you don’t take time off for yourself, your body will take the much-needed break for you- most likely at an undesirable time. This is when you can be more susceptible to developing anxiety-induced health issues. A change in scenery, fresh air, and a free schedule can do wonders for resetting the mind.

4. You’re Spending Time With the Wrong People

Spending time with family, friends, and peers should be a comfortable and gratifying experience. If you feel out of place, excluded, or just insecure around anyone when you’re around them, your anxiety is most likely prompting you to stay away from them. It’s always important to trust your gut. Hanging with anyone should not leave you taxed and tired out. According to the Harvard Business Review, “Despite popular belief, there’s a deep neurological basis for intuition. Scientists call the stomach the “second brain” for a reason... When you approach a decision intuitively, your brain works in tandem with your gut to quickly assess all your memories, past learnings, personal needs, and preferences.” If you feel drained when spending time with anyone, it’s time to keep your distance, set necessary boundaries, and make new connections to reform your inner circle so you can be surrounded by the people you trust the most.

5. You Need to Listen to Your Needs

It’s great to be there for those around you when they need the support, but constantly neglecting yourself and your needs in the process can be quite unfavorable. You know how during the safety demonstrations on flights, they always say to put your oxygen mask on first before

helping others? It's because if you don't show up for yourself first, how can you be in good enough condition to provide adequate care for anyone else? Being selfless does not mean you can't be selfish- the two go hand in hand. If you are overly stressed out and can't catch a break, think about what you can do for yourself to alleviate the pressure. Your anxiety is practically begging you to start prioritizing yourself because that is the need of the hour- any and all the hours for that matter.

6. You Need to Be Patient With Yourself

And with all of the signs above, the biggest thing you can do when it comes to understanding your anxiety is to be patient with yourself. According to author and medical staff member, Leslie Becker-Phelps, Ph.D., dealing with anxiety and understanding these complex feelings and emotions is a complex adventure in itself. Remember that you get to choose how you see your anxiety and how you let it see you. You have the power to decide what it means to productively deal with anxiety. You get to change the switch on what helpful thinking and unhelpful thinking means to you. They say patience is a virtue. Here, patience is a tool that can guide you as you work to better understand your needs.

Your anxiety serves as a voice for your inner fears and inhibitions. Opening yourself to these emotions takes courage, and here, vulnerability is your greatest strength. As you get to know this part of yourself just a little bit more, day by day, you get the opportunity to nurture your needs and emerge with the energy needed to make each day a little bit easier. Good luck on your journey!

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Don't Ignore Your Emotions... Here's Why

This is a disclaimer that this article is for informative purposes only. It is not intended to diagnose or treat any condition. Please reach out to a qualified healthcare provider or mental health professional if you are struggling.

Are you someone who stuffs down emotions, pretending everything is fine even when it's clearly not? You might think it's easier to just sweep your feelings under the rug, but the truth is that ignoring them can be dangerous.

In this article, we'll reveal the consequences of burying your feelings, and show you why it's so important to face your emotions head-on. We'll also give you some tips on how you can learn to manage them and avoid negative consequences. These are some important insights, so let's start!

Anger

From time to time, we all get a bit angry. And that's okay, because anger is an important emotion. This is what licensed psychologist and therapist Dr. Rune Moelbak says about it: anger "tells us if our freedom has been squashed, if our pride has been injured, if the way we see the world has been invalidated, or if our feelings have been ignored. It alerts us to the fact that we have been wronged in some way."

You see, anger can sometimes befit you, but ignoring it can have negative consequences both on your mental and physical health. A 2012 study published in the journal Cognitive Behaviour Therapy found that repressing anger is related to generalized anxiety disorder and can even worsen the severity of its symptoms. Another study from The Spanish Journal of Psychology in 2016 found that individuals who tend to repress anger had worse self-reported health than those with low levels of anger suppression. This might happen because stress and anger activate physiological responses in the body, such as changes in heart rate and breathing. That's why it's important to learn to express and regulate your anger in a healthy way.

To do this, you could take a look at the anger iceberg, a popular concept in psychology developed by psychologists Julie and John Gottman from The Gottman Institute. It means recognizing the different emotions below the surface of your anger. If you're interested, take a look at some worksheets in the description box to learn more!

Loneliness

Breaking up, moving away from friends, or simply not having anyone to talk to... It all triggers loneliness that we can feel. This can be uncomfortable, but it can teach you valuable lessons about social connections and the importance of reaching out. Pushing loneliness away could lead to further isolation which deteriorates your mental health. A Review on the Psychological Aspects of Loneliness published in 2014 found that loneliness can lead to depression, feeling helpless, and even experiencing pain. But similar to anger, ignoring it goes beyond psychological problems. One study published in 2021 in the International Journal of Environmental Research and Public Health suggests that loneliness should be seen as a physical problem as well. The authors of the study believe it to be an “immunometabolic syndrome”, because of the negative consequences it has on your health: it can cause inflammation and an overall weakened immune system, making it easier to get sick.

This is why you shouldn't ignore it! Licenced social worker Leah Aguirre suggests that you try to “approach it with more curiosity and self-compassion”. She says spending quality time on your own might help. What are your hobbies? When was the last time you pampered yourself? Reconnecting with yourself might help you notice that you're never actually alone, because you always have you.

Jealousy

Jealousy is a complex emotion that can be difficult to navigate. According to Licensed Marriage and Family Therapist April Eldemire, jealousy teaches us about our own insecurities and vulnerabilities. When you feel jealous, it can be a sign that you're questioning yourself – your looks, your relationships, or even your worth. Ignoring this green-eyed monster means that those insecurities won't be addressed, but instead used against you.

A study from 2005 found that jealousy can lead to aggressive behaviors in adolescents. The researchers observed that individuals who experienced higher levels of jealousy were more likely to engage in both physical aggression, like hitting or pushing, and passive aggression, such as ignoring someone they were angry with. These behaviors can persist into adulthood and potentially damage relationships. If you don't address your jealousy, you may become aggressive or controlling, even if you don't mean to. But ultimately, your relationships could suffer.

Marriage and family therapist Vicki Botnick explains for Healthline that persistent jealousy can sometimes be related to anxiety or self-esteem issues. She says that “learning how to deal with either issue can automatically help soothe jealousy.” To address low self-esteem, she suggests that you identify personal values, such as compassion, communication, or honesty, and ensure that you are upholding these values in your daily life. Doing this might give you an opportunity to notice your positive traits and increase your sense of self-respect.

Shame

Another emotion we often feel is shame. Some studies, like the one published last year in Psychological Science, believe shame can be useful to us. The belief is that it teaches us about how we are perceived by others and our place in society. It can be a powerful emotion that helps

us regulate our behavior and conform to social norms. But if you ignore shame, you may feel disconnected from who you want to be. This feeling in turn brings some negative consequences into your life.

Research has shown that feeling ashamed may lead to self-destructive behavior. A 2019 study from the journal *Clinical Psychology Review* examined the relationship between shame and self-harm. The researchers found that people who engage in self-injury generally reported higher levels of shame. A year before, a study published in the journal *Psychology and Psychotherapy* found evidence that shame might be involved in the development of eating disorders.

Licensed Clinical Mental Health Counselor Hailey Shafir wrote on [ChoosingTherapy.com](https://www.choosingtherapy.com) that to recover from shame, you must move towards it, not away from it. She suggests accepting it and analyzing it – why do you feel like this? Another helpful tip is learning how to focus on what you can do now, and not what happened in the past.

So, what's one emotion you've been ignoring and how do you plan to address it? Share your thoughts in the comments below! Hopefully, you've learned that suppressing how you feel isn't good for you. Emotions, no matter how pleasant or painful, help us know ourselves better and to understand what it is that we need. We hope that you learned how to listen to those feelings, express them in a healthy way, and improve your mental and physical well-being. Don't be afraid to reach out for support when you need it – whether it be to a friend, a family member, or a professional. We got your back! And remember: you matter!

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5 Signs You Have Chronic Depression

Intro:

Do you feel like you're in a low mood all day, all the time? Do you remember the last time you felt generally energized and happy for a long period of time? When most of us think of depression, we often think of major depressive disorder, where depression symptoms occur in

episodes ranging from weeks to months. However, did you know that depression can persist for longer periods of time, where symptoms last over the course of two or more years without any relief at all? Chronic depression is also known as persistent depressive disorder (PDD), and is defined by a continuous depressed mood that occurs for at least two years. In today's article, we will address the signs and symptoms of chronic depression.

Disclaimer: Please understand that this article is for educational purposes only and is not meant to be used for diagnostic purposes. If you believe that you may be suffering from persistent depressive disorder, we encourage you to seek help from a mental health professional.

One: You are said to have a depressive personality.

Do you think that you have a generally depressive, pessimistic personality? Do you, or even your friends or family say that you have a generally depressed mood? Those with persistent depressive disorder can be described as having a depressive personality (Stiehl, 2018). If you have PDD, you may experience depression symptoms over the course of many years that start to feel like the norm for you. Remember that your exhibition of depressive symptoms are not your fault at all and that you have little control over your personality when enduring PDD.

Two: You have little relief from depressive symptoms.

Do you feel like your depressive symptoms are persistent and that you rarely experience relief from them? While those with major depressive disorder may feel normal for long periods of time between depressive episodes, those with PDD almost always experience an underlying feeling of depression, regardless of when they endure depressive episodes. It may be represented as a dark cloud that won't go away, regardless of how bright or sunny your life may seem. If you never feel complete relief from your symptoms in between depressive episodes for multiple years, you may also have persistent depressive disorder.

Three: You can't recall when you first became depressed.

Do you experience depression symptoms and have trouble recalling when you first became depressed? Because the symptoms of PDD are often less severe than those of MDD and usually occur for a period greater than two years, those with PDD often struggle to recall when their depression even began (Familydoctor.org editorial staff, 2020). Your depressive symptoms may feel embedded as a part of your life due to the chronic, mild to moderate depression severity of the disorder. As a result, there may not have been an obvious shift from a normal to a depressed state in your life; the state of depression itself may feel like the norm to you.

Four: Every day feels like a bad day.

Do you feel like you know the day is going to suck as soon as you wake up? You may be living in a depressed mood, hopeless that your life will get any better. One of the most defining symptoms of PDD is a low, sad mood on most days, and a persistent feeling of sadness or loss of interest in hobbies or daily activities (Devash, 2020). Those with PDD have little to no relief from their symptoms and often experience a lingering sense of depression that almost never allows the day to feel enjoyable.

Five: You feel fatigued and unproductive.

Over the course of multiple years, have you been feeling like you consistently have little energy throughout the day? You might even feel unproductive and blame yourself for being lazy (Mayo Clinic Staff, 2020). Carrying out tasks you need to do such as brushing your teeth, getting out of bed, or going grocery shopping may seem insurmountable. Mustering the energy to overcome these tasks can feel impossible. Those suffering from PDD may experience these symptoms over the course of multiple years, and subsequently feel critical of themselves for being unable to deal with various tasks. In addition, fatigue from depressive disorders may stem from irregular sleep patterns, including insomnia and hypersomnia. If you have been experiencing these symptoms for two or more years on a daily basis, you may have PDD.

Closing thoughts:

Do you experience some of the signs listed above? Oftentimes, PDD goes undetected by mental health care professionals due to its milder, persisting nature which may cause the individual to feel that the symptoms are simply a normal part of their life. Even if depressive symptoms of PDD generally range from mild to moderate per official criteria, it is still an issue that needs to be addressed. If you think that you may have PDD, regardless of the severity of the depression, we encourage you to seek advice from a mental health professional.

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Why You're Always Tired (And How To Fix It)

Do you often find yourself staying in bed all day? Does your body feel heavy and your mind... totally blank? Having low energy is not an uncommon problem, but it's still a tough one. And dealing with this exhaustion.... ugh, it makes you feel tired even thinking about it. But, what could it be that makes you feel tired all the time? In this article, we hope to explain some common reasons why people often get tired. And in the end, we'll talk about Psi and how he managed to get his tiredness under control! Let's begin!

A tired mind

Often, fatigue may be a byproduct of a psychological problem, especially depression. Psychiatrist and sleep medicine expert Alex Dimitriu, , says that “fatigue and depression can look quite similar”. A 2018 study even estimated that over 90% of people living with depression have symptoms of fatigue! Dr. Amy Ricke said for Insider that this may happen because of brain chemistry. She says that dopamine, serotonin and norepinephrine play important roles in regulating not only our mood, but also energy levels. So when you’re depressed, your body may feel heavy and slow, making it hard to do even the simplest tasks, such as showering or getting dressed. Check out this video to learn more about depression tiredness!

Anxiety is another psychological issue that could play a role in your fatigue. While you’re in the depths of anxiety, the racing heart and quickened breath might keep you awake. But after the worst is over, you’re hit with a post-anxiety crash. Micah Abraham, who has a Bachelor of Science in Psychology, wrote for Calm Clinic that anxiety is like being on high alert, but once the adrenaline runs out, “your body goes through a crash that can leave you feeling drained”. You may also feel exhausted because of the tension in your muscles or racing thoughts that bothered you throughout the day.

Mental illnesses could definitely make you more tired. But, sometimes the problem may be a bit different. Let’s explore why your nutrition might be the reason why you’re so sleepy all the time.

What’s on your plate?

Do you know that feeling when you eat a delicious meal, and suddenly you feel so sleepy.... You just want to get under a warm blanket and take an afternoon nap! It’s awesome when it’s Sunday and you’re home, but what if you’re at work or school? And what if this tiredness persists the entire day? Well, the food you eat might be responsible for this grogginess. Especially – carbohydrates! According to Harvard School of Public Health, eating too many carbs makes your blood sugar spike creating a short term energy rush. Your body then releases insulin and causes the removal of carbs into your muscles and organs. Now, your blood sugar goes back down, leaving you lethargic and tired.

Sugary sweets may have a similar effect. In a study published in journal Appetite in 2016, people who ate a diet high in refined sugars had higher scores for depressive symptoms and fatigue, than those who ate a diet high in whole grains and low in sugar. Yes... we know that chocolate cake is the best, but science is clear on this one!

What you drink may play a role in your energy levels as well! Do you often reach for coffee when you’re tired? It seems logical to try and cure your tiredness with a large amount of coffee, but research shows it may not be the best idea. A 2016 study published in the journal Nutrition showed that drinking one cup too many is linked to “increased nighttime worrying, sleeplessness, increased nighttime awakenings, decreased total sleep time, and daytime sleepiness”.

Tips & Tricks To Feel Less Tired

You must be wondering: well, what do I do? How can I stop feeling tired all the time? To give you some tips and tricks, let's see what Psi did when he had a similar problem!

He started with small steps in his diet. Dr. Amy Myers wrote on her webpage that nutrient-rich foods may provide an abundance of energy! That's why Psi now makes sure to eat balanced and nutritious meals: high-quality protein, lots of veggies (especially greens such as spinach and broccoli), and low-sugar fruits, for example, strawberries or blackberries. Snack times are quite a challenge since he loves eating chocolate... But, Dr. Myers says that an entire block of chocolate is not a good idea for a pick-me-up snack. He still eats chocolate, but only a small piece!

Next, Psi makes sure to drink enough water throughout the day and he doesn't skip exercise anymore! He read a 2013 research study published in the journal *Fatigue: Biomedicine, Health and Behavior*, and learned that even 20 minutes of low to moderate-intensity exercise can reduce fatigue and increase energy. He often puts on fun YouTube exercise videos to help him get going!

Sometimes it gets hard for Psi to get up in the morning. But, he read a quote from sleep specialist Rebecca Scott on Thrillist.com where she says that "about 10 to 15 minutes of natural light within two hours of waking up will help ward off early-morning grogginess and keep you feeling more awake throughout the day." He now takes quick 15 minute walks around the block, everyday!

Psi now knows that it's not enough to only keep the body energized. He takes care of his mental energy too! On Forbes.com, he read some suggestions from Dr. Alice Boyes. Now he tries his best not to ruminate and overthink, and stay organized to avoid procrastination. He also takes frequent breaks during work, and has even tried meditation! After trying out all those things, he really does feel more energized and happy. Hopefully, you'll join him on his journey too!

Following these steps might help you feel more energized, but there's so many other things that could be emptying your batteries. To make sure you've covered all the possible reasons to feeling tired, not just physically but emotionally as well, check out [8 Things That Lead To Emotional Exhaustion](#).

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