I can totally relate to your condition. I have been through all these during my school days. First of all, it is very important to keep the following things in your mind when you are going through these conditions:

* ***These too shall pass:*** *None of these are going to be with you all your life. Everything passes. This is a universal law. Please remember this. It helped me a lot.*
* ***You are going to die:*** *Do you really want to pass all your life carrying all these life-blocking symptoms and die with your heart full of regrets? Ask yourself. Death is such a truth of life we all try to escape but in vain. It is gonna come to you, it is gonna come to all. And nobody knows when. Just be grateful for this moment and thank life for keeping you alive till now.*
* ***Everybody passes through these:*** *All the people you admire, so called perfectionists, fearless and confident looking actors have experienced anxiety, depression etc . Most of them do not reveal these things because they got to maintain their bold and confident image.*
* ***You are more than good enough:*** *Many of us, we don't think we are good enough. We think we are failures, nobody will love us. But I am here to tell you that's not true. Because that's all are perceptions. And if you don't love yourself, nobody else will. It all starts with you.*

What do you got to lose? In the next 100 years everybody you see here will be out of here. That's the reality.

The good news is that all these symptoms can be cured. It is when you decide to do so that things will start to change. It might take time, just keep improving yourself one day at a time. It is very easy to transform yourself into a smarter, more confident person. Many of us have done so. People having symptoms much worse than yours, even physical inabilities have overcomed these problems. It will take less than 6 months to see the changes. Just begin the journey of self-transformation. Wish you a great and exciting life ahead.

### ***just chill and be yourself ###***