**Overcoming Dysautonomia: A Journey Through Stress, Symptoms, and Recovery**

first draft

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Outline

* Introduction:
  + An opening question to engage the reader
  + Brief introduction to the connection between symptoms and the autonomic nervous system
  + Purpose of the essay: sharing personal experience, explaining dysautonomia, and describing the recovery process
* Body1&2:
  + Personal experience
    - Initial stress and symptoms
    - Physical manifestation
  + Seeking help and diagnosis
* Body3:
  + Introduction of Dysautonomia
* Conclusion:
  + How I solve my problems
  + Wrap up

Have you ever suffered from insomnia and felt tired and depressed for a while, or, your skin suddenly felt itchy but you had not had this problem before? Then, you felt so uncomfortable that you went to see a doctor. However, those symptoms did not turn for the better even taking lots of medicine. If you have those problems, please be aware of them. Perhaps your autonomic nervous system gets some troubles, leading you to felt so weak. In this essay, I will share my own experience and introduce what dysautonomia is, and how I gradually solved this problem.

During the second semester of my sophomore year, I felt overwhelmed by my ex-boyfriend's struggle with bipolar disorder. I was constantly worried about his potential for self-destructive behavior and found myself unable to sleep, dealing with the fallout from his actions, explaining his condition to friends, and wrestling with whether to end the relationship, fearing the impact it might have on him. This stress continued for over a month before I was able to resolve things. Later on, I experienced physical symptoms, falling ill twice within a month, with persistent itching and worsening acne on my face. Even though I initially brushed it off as trivial, it persisted into my junior year.

At that point, I decided to temporarily abandon my goal of becoming a teacher and pursue a different path. However, this new path was fraught with uncertainty and self-doubt, leading to increased crying spells, insomnia, palpitations, and feelings of exhaustion. Despite occasional bursts of energy, I eventually reached a breaking point where my emotions became overwhelming, and I found myself unable to sleep even after crying. It was then that I began to realize there might be something wrong with my mental health.

After I realized that my mental state was very bad, I felt that I had the same symptoms as my ex-boyfriend. To avoid aggravating the situation, I took the initiative to seek help from a doctor in the psychosomatic department. Only then did I discover that all my physical discomforts were related to autonomic nervous system disorders. I didn't know the term at the time. It was not until I searched for relevant information on the Internet that I discovered that autonomic nervous system disorder has a great impact on our physiological functions.

“The autonomic nervous system” is composed of sympathetic nerves and parasympathetic nerves. They strike a balance between each other and control and adjust our physiological functions such as breathing, sleeping, and immune reactions. Sympathetic nerves help our heart beat faster, blood pressure rises, breathing becomes faster, body temperature rises, and sleep is inhibited; on the contrary, "parasympathetic nerves" slow down our heartbeat, drop blood pressure, slow breathing, lower body temperature, and initiate sleep. Because my autonomic nervous system is out of balance, sometimes I feel anxious and nervous, and sometimes I feel depressed.

After taking medicine for a while, my mental condition gradually recovered. Also, the doctor suggests that I can take exercise regularly and immerse in sunbathing to get some vitamins C and D. Therefore, no matter how busy I am, I will spend time riding a bicycle and running to secrete hormones in the body. Not only can I feel calm but also I can maintain my health. All in all, if you are under a lot of stress or find that your mental condition is more abnormal than usual, your body and mind may undergo huge changes, but it is not impossible to solve. Whether you seek help from a doctor, exercise more, or get more sunshine, everything can help your body and mind.