



## Speaking from Experience Anxiety Disorders

### Transcript for chapter 7 of 7: Words of wisdom

**Amber (diagnosed 4 months):** I would say to anyone who has anxiety, to not be afraid of what's going on inside, because I know it can be emotional and it can be a big change in life, but there is an answer and there is a way and you're not and we're not strange – we're just people.

**Luke (diagnosed 5 years):** You don't realise that it's only a disorder. It's only a disorder, it's not actually you, you know?

**Karen (diagnosed 2 ½ years):** Definitely seek a psychologist or a psychiatrist, I think. And talk about, talk about it. Get it out.

**Carole & Kate (diagnosed 5 years):** It really does help, talking to someone. I mean, people tell me that they feel like they can't open up. But you really have to open up because, I mean, who wants to have anxiety for the rest of their life? If you don't open up then you're not helping yourself. You're not helping yourself.

**Karen:** Expect it to take a while to get better. And to take each day at a time, yeah, and each step at a time, really.

**Anne & Keith (diagnosed 25 years):** Hang on to your friends. Hang on to your family. Don't take yourself into a corner and say, "I can't be helped. Life is not good", because life is still good. It's only a passing phase and you will get through it. You can get through life.

**Carole & Kate:** It's very hard to stay understanding all the time, not to be judgemental or say 'get over it' or just 'don't think about it', because it doesn't work. I think you've just got to be very supportive and don't give up trying to find the thing that's going to help your child.

**Anne & Keith:** Take the medical advice. Take your medication as regularly as it's prescribed and realise this little sentence: You're not going to die. Your nervous system is just out of kilter. You will get better and with medication you'll get back to living a good life.

**Amber:** Reach out to whoever you can and ask them for support and don't be frightened to be dependent.

**David (diagnosed 3 years):** Talk to people, find someone to talk to. But definitely there is nothing to be ashamed of. You're not by yourself, you know, there are others out there. And talk; talk to friends and family. Don't be ashamed.