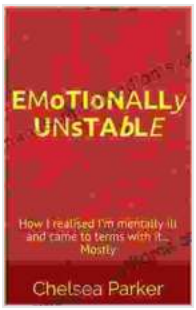
How I Realised I Was Mentally Ill and Came to Terms With It Mostly



EMOTIONALLY UNSTABLE: How I realised I'm mentally ill and came to terms with it... Mostly by Chelsea Parker

4.7 out of 5

Language	: English
File size	: 624 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 111 pages
Lending	: Enabled

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I've always been a bit of a loner. I prefer the company of books to people, and I'm more comfortable in my own head than in the outside world. But for the past few years, I've been struggling with something that I couldn't put my finger on. I was always tired, I couldn't concentrate, and I was constantly anxious. I started to withdraw from my friends and family, and I lost interest in the things I used to enjoy.

At first, I thought I was just going through a phase. But as the months went on, I started to realise that something was seriously wrong. I was having difficulty sleeping, I was losing weight, and I was having panic attacks. I started to think that I was losing my mind.

Finally, I couldn't take it anymore. I went to see my doctor, and he diagnosed me with depression and anxiety. It was a relief to finally have a name for what I was going through, but it was also terrifying. I had always been afraid of mental illness, and now I had it.

I started therapy and medication, and slowly but surely, I started to feel better. I learned how to manage my symptoms, and I started to rebuild my life. It wasn't easy, but I was determined to get better.

I'm not going to lie, there are still days when I struggle. But now I know that I have the tools to cope. I know that I'm not alone, and I know that I can get through this.

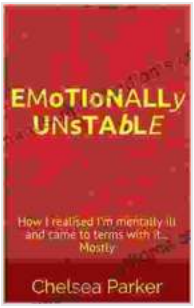
If you're struggling with mental illness, I want to tell you that there is hope. You're not alone, and you can get better. Don't be afraid to reach out for help. There are people who care about you, and there are people who can help you. You don't have to go through this alone.

Here are some tips for coping with mental illness:

- **Seek professional help.** A therapist can help you understand your symptoms, develop coping mechanisms, and get on the road to recovery.
- **Take your medication as prescribed.** Medication can be an effective way to manage symptoms of mental illness.
- **Get regular exercise.** Exercise has been shown to improve mood and reduce anxiety.
- **Eat a healthy diet.** Eating nutritious foods can help you feel better physically and mentally.

- **Get enough sleep.** When you're sleep-deprived, your symptoms will be worse.
- **Avoid alcohol and drugs.** Alcohol and drugs can worsen symptoms of mental illness.
- **Join a support group.** Support groups can provide you with a sense of community and a place to share your experiences.
- **Be patient.** Recovery from mental illness takes time. Be patient with yourself and don't give up.

I hope that my story has given you hope. If you're struggling with mental illness, know that you're not alone. There is help available, and you can get better.



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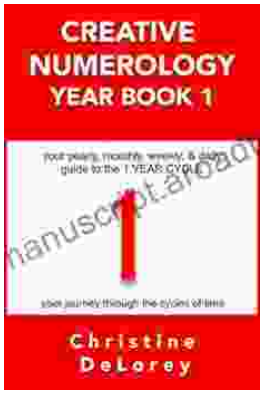

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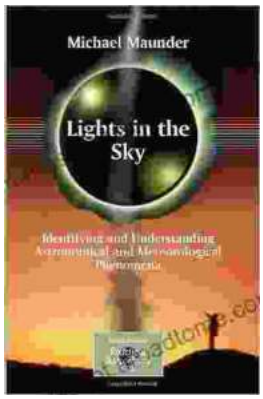

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