Suffering from anxiety and depression can be a very lonely, painful and overwhelming experience for many people and that is why it is so important to acknowledge how serious it is. Anxiety and Depression isn’t just having a bad day and it should not be brushed under the carpet and no one should ever feel ashamed of feeling certain things that they cannot control.

Depression and anxiety can make you feel the loneliest person in the world even if you have many people around you that love you. Remember those people who are battling mental health such as Anxiety and Depression are not being cold, and they do not love you any less they are just struggling inside their own minds and generally believe they are worthless and you are better off without them no matter how much you show them that you need them and love them.

Remember ANYONE can develop depression and anxiety and you don’t necessarily have to experience a trauma to have it, it can just happen one day, but remember there is HOPE and you CAN get better, you CAN fight this.

If YOU feel that YOU are losing control and you can no longer cope, please seek help immediately speak to someone don’t be ashamed to explain how you feel it is good to talk.

Here are some help lines:

 Sarmatians: call for free 0800 116 123

Text SHOUT to 85258 (Crisis Text Line)

Hope line Up: 0800 068 4141

Text:07786209697

CALM :0800 58 58 58 if you visit the CALM website they have access to web chat too

I have put together a little self-help guide and some hints and tips to help you to manage feelings of anxiety and depression while you are awaiting professional help on the list, or even if you need something to help you between therapy or just some tips to help you.

1. The first thing to remember is to go with your feelings, if you wake up one day with no motivation and don’t want to go anywhere and you just want to be alone and sleep in a little longer then do it if this is possible of course.
2. Let those around you who you are close to that you are having a bad day and are feeling rubbish and not to take it personally they love and care for you they will understand!
3. Do whatever you can to help you relax have a hot bath, listen to some music, read a good book, watch a funny video on you tube or colour therapy books.
4. Try to get some exercise at least once a day go for a nice walk in the outdoors, or if you don’t feel comfortable with leaving the house take a little stroll around your garden if you have one or do some exercises in the comfort of your own home there is always exercise videos on you tube!
5. When experiencing depression or anxiety your moods can change from day to day if one day your feeling particularly ok, use this opportunity to go outside or meet with a friend for coffee or even have a chat with someone close to you.
6. Try your very best to keep busy during the day if you have the energy to do so do things around the house, sort out your wardrobe, rearrange the cupboards, do some DIY, while your mind is busy it doesn’t have time to over think.
7. Try to complete activities that challenge you such as puzzles, word games, Lego etc
8. Teach yourself a new hobby such as learning to draw, water paint or even bake!
9. Sometimes those who suffer with anxiety really struggle to sleep at night as this seems to be the time when your mind starts to go wild when you are laying down ready for bed, it can cause a real overwhelming feeling and you seem to worry about literally everything possible, I found having a worry diary helps a lot so when you are lying in bed and start to have these feelings come out of the bedroom go into a different room and write all of your worries into the diary everything you are thinking and feeling write it down when you have no more left close the book put it away and this will help you to sleep, you can also go back over your diary at any time.
10. Before bed don’t do anything over stimulating as this makes your mind active do something relaxing such as listening to calming music, reading a book or even try some meditation and yoga.
11. When you start to feel worthless, hopeless and angry at the world and yourself talk to someone straight away you will be surprised who will want to listen and who will be grateful you spoke to them
12. Write down all your feelings either in a form of poem, or paragraphs of your feelings it will help you take the negative feelings out of your mind and put them somewhere else for a while.
13. Research other stories of people experiencing what you are so you can relate to them and you will feel less alone.
14. Try to remain sociable if you can I know it can be difficult some days but even if you drop a text to someone close to you just to tell them you feel down and try to get out and socialise when you can this really helps, if this is too much for you invite some people to your house to catch up.
15. Try to find your triggers to your panic and emotional pain and then you can deal with these step by step in your own way you can also try and find solutions and ways to avoid these Triggers.
16. Lastly never ever feel you aren’t entitled to professional help, do not ever believe that you are weak for seeking help, this is not a shameful or embarrassing thing to do it is the BRAVEST and STRONGEST action you can ever take! If you feel that professional services aren’t doing enough for you or someone you know, FIGHT! And FIGHT! Until they take you seriously! YOU are not ALONE!