

#thestruggleisreal

a poetic exploration of living with panic disorder



by [Liz Galloway](#)

Thestruggleisreal A Poetic Exploration Of Living With Panic Disorder

Isaac Kight



Thestruggleisreal A Poetic Exploration Of Living With Panic Disorder:

#thestruggleisreal Ryan M. Blanck,2015-01-07 Millions of voiceless individuals suffer from anxiety and panic disorders They hide their condition out of fear of judgment or misunderstanding They go on suffering in silence unable to reach out and be understood TheStruggleIsReal gives a voice to those sufferers It describes one person s experience but speaks to the experiences of many This collection of poems is multifaceted in its descriptions of panic disorder From that first paralyzing panic attack to pharmaceutical treatments from social stigma to spiritual struggles TheStruggleIsReal attempts to give a complete view of the disorder **Poem to Anxiety Disorder** Moisés J. Valenzuela Valencia,2023-10-04 The preceding poem

is a heartfelt exploration of the author s journey through anxiety and its profound impact on their life It vividly depicts the overwhelming thoughts panic attacks and daily struggles that consumed their existence The poem then transitions into a narrative of resilience and recovery highlighting the author s transformation from a place of darkness to one of newfound hope and self discovery It emphasizes the importance of seeking support both from loved ones and mental health professionals and offers encouragement to those facing similar challenges Ultimately the poem sends a message of perseverance self care and the possibility of finding light amidst the shadows of anxiety *Cure My Anxiety* Garrett Sharp,2025-12-13 This poetry book is a collection of raw and honest reflections on living with anxiety Through poignant and emotive poems the author captures the complexities of living with an invisible yet all consuming mental illness The poems delve into the experience of anxiety from various angles including the physical sensations of panic the constant worry the isolation and the struggles with self doubt The poems explore the intricacies of anxiety from the daily challenges of coping with the symptoms to the impact it has on relationships work and personal growth The author s unflinching portrayal of anxiety is both heart wrenching and hopeful as the poems take readers on a journey of self discovery and healing This book provides a unique insight into what it s like to live with anxiety and offers a sense of community and understanding for those who may also be struggling with this mental health condition **My Head Bowed** Wendelyn Vega,2018-04-15 The struggle

with depression and anxiety is a deeply personal one but it is also one familiar to many This collection of twenty poems is a glimpse into that struggle and an attempt to help others on the journey to see that they aren t alone **Anxiety and Depression: Poems from the depths of the soul** Madalin Michael,2023-10-24 Author s Introduction Navigating the Depths of the Mind Welcome to a journey that transcends the ordinary and ventures into the extraordinary landscape of the human experience My journey as an author began in the shadows of depression and anxiety where I unraveled the complexities of the human psyche Through introspection and the transformative power of poetry I found my way out of the labyrinth of my own mind offering readers a unique path toward understanding and healing Join me in Anxiety and Depression Poems from the Depths of the Soul as we explore the profound interplay of emotions confront darkness and illuminate it with introspective verse ultimately embarking on a journey of self discovery and resilience Author s Introduction

Unlocking the Depths of the Mind Imagine diving into the uncharted waters of the human psyche exploring the hidden caverns of the soul and deciphering the cryptic language of emotions That s where my journey as an author truly began not in the light but in the shadowy depths of depression and anxiety For years I found myself entangled in the intricate web of these two formidable adversaries trapped in a relentless struggle to understand the whispers of my own mind It was a labyrinthine voyage where darkness held hands with despair and anxiety painted intricate mazes of doubt But within this labyrinth I discovered the power of introspection and the healing magic of words I learned that the emotions that once seemed like turbulent storms could be transformed into poetry each verse a lifeboat navigating the tumultuous sea of the soul These poems became my lifeline a way to navigate the treacherous waters of my own thoughts and ultimately a path toward the light Through this book Anxiety and Depression Poems from the Depths of the Soul I invite you to join me on this unique journey It s a journey that transcends the ordinary and ventures into the extraordinary landscape of the human experience Together we will explore the intricate interplay of emotions confront the darkness within and illuminate it with the poetic power of introspection As you turn the pages you ll discover not only the depths of my own struggles but also the resilience of the human spirit It is my hope that these words will resonate with you offer solace in your own moments of darkness and inspire you to confront and conquer the emotional maelstrom within What you will find in this book Discover the Emotional Universe As if traveling through a cosmos of feelings you will explore the depths and heights of human emotions uniquely revealing how complex the experience of anxiety and depression can be Verses Like Feathers of a Bird Poems are like the feathers of a bird flying deep into the soul enveloping you in the beauty and grace of words Each verse will gently carry you through a range of emotions The Theater of Human Emotions This book is a theater of human emotions with dramatic acts of anxiety and depression as well as moments of light and transformation You will feel like you are on stage experiencing every word Navigating the Rolling Waves of Healing Words and verses will guide you through a tumultuous navigation of inner healing offering you tools to find your balance and peace Returning to Self In the middle of the book you will discover that poetry can be a means of returning to oneself of rediscovering authenticity and of deep connection with your own essence

Tumbling Elizabeth Joyce, 2019-11-12 Elizabeth Joyce struggled with tumbling thoughts for decades but only after a year of psychotherapy did she realize her inability to rein in her mind was a result of multiple anxiety disorders and bouts of Major Depressive Disorder In tumbling poetic thoughts from an anxious mind Elizabeth invites us to explore the intimate thoughts tumbling around in her anxious mind through a collection of poetry and prose written throughout her life She packs a powerful arc into the short chapbook size collection touching on her darkest moments and culminating in her ultimate hope Anyone struggling with their mental health will appreciate this impactful read as an affirmation they are not alone and those with loved ones who struggle with mental illnesses will get a glimpse into their world In sharing her story as a child friend spouse and parent who struggles with anxiety Elizabeth s true hope is to chip

away at the long standing stigmas surrounding mental health by raising awareness and understanding *Happy, Okay?* M.J. Fievre, 2019-12-03 Poetry to Confront Depression Anxiety Grief and Loss Are the usual anxiety books helping you find a path to healing No Try this collection of poetry specially crafted for those dealing with mental health and the people closest to them Poetry meets mental health Paloma is faking it On the outside she s A Okay She s electrified at work there is a cadence in her step as she walks her dog she posts memes on Facebook and she keeps up with most relationships Looks can be deceiving however Inside Paloma is just going through the motions and she feels like things are spiraling out of control But when things are at their darkest dawn arrives with clarity and focus and with it healing Paloma learns to value small glimmering moments of joy rather than searching for constant happiness thus building hope for her future A manifesto for life An electric roadmap to healing and a manifesto for wholeness Happy Okay Poems about Anxiety Depression Hope and Survival is written in a contemporary style reminiscent of Rupi Kaur and Pierre Alex Jeanty But this poetry book is not simply a narrative spun in verse It is an invitation to readers to shake off the stigma and silence of mental health and find strength in the only voice that matters your own Whether exploring self care social anxiety or anxiety in relationship in this inspiring and heartwarming book you will Understand how to make happiness a decision even when you don t feel it in your bones Find out how to exercise patience and self acceptance Attract hope and purpose back into your life If you enjoy poem books or books like Her Black Girl Magic Pillow Thoughts Milk and Honey or The Sun and Her Flowers then you will love Happy Okay by M J Fievre *Dark Recesses of the Mind* Isaac Kight, 2021-06-07 I am a survivor of terrible childhood trauma The PTSD I have experienced my entire life has defined my existence Depression anxiety panic these are constant problems In middle age the illness overwhelmed me and forced me into treatment I learned to use poetry to express my feelings and talk about topics not easy to discuss I posted a few of my poems on social media where I quickly received the feedback of friends that these were pretty good I am not certain that this is true but I have decided to publish a book of poetry nevertheless On the brighter side several people have conveyed to me that my poems have been helpful to them When they feel alone and isolated these poems help them to understand that others can feel the same One section explores Japanese poetic forms These tend to be more cryptic but I do so enjoy applying these forms to English It is no small struggle to express ideas in English using the Japanese syllabic form This may be why the Haiku is so popular in the English speaking world these days as it presents a challenge It is my supreme hope that this work will contribute in some small way to the overall agenda of destigmatizing mental illness I hope these poems will help everyone who hurts to seek healing those who do not understand to seek understanding and those who are unaware of the struggles of the mentally ill to become aware Together we will bring forth a kinder more understanding and more loving world **A Different Kind of Drunk** Erin Irvin, 2015-09-10 This collection attempts to give glimpses into the life of an anxious person It hopes to shed light on an issue that is not talked about as much as it should be It also hopes to relate to those who suffer from anxiety that they may remember they are not

alone **My Anxiety Is Killing Me: A Poetry Collection** Jordan Nichols, 2019-03-04 A book of poems and my life A collection of poems and art that reflect a story through the eyes of someone struggling with Anxiety Depression But remember we are so much more than our disorders **Poetic Acts and Panic Attacks** The Damaged Good Poetic Society, 2017-07-12 **The Book of Ours** Cynthia Dite Sirni, 2019-10-28 Anxiety and Depression share a constant companion Isolation In recent years the stigma attached to mental health began shedding like scales from people's eyes Yet there is not a sense of hopeful connection for those living with these afflictions This book is not designed to be a medical diagnosis or a treatment plan Instead this book was written with the intent of connecting people hearts voices and minds The poems are interspaced with blank lines for the reader to annotate and create for themselves Anxiety and Depression do not define the people they afflict Instead people are realizing that they can stand up and join hands with others If this book offers nothing more than a sense of identification between the author and the reader then it will be a success Sometimes in the darkness another small voice that says I am here too can make all the difference We can have hope Hope is ours **Fear Like a Habit** Mallory Smart, 2014-11-21 Fear Like A Habit is a collection of nine poems exploring the life of the discontented in a not so unfamiliar place called the industrial city It examines the fear and anxiety that hurtling progress inflicts unto the psyche resulting from the fantasy of sanity Nine poems together make a foray into the unfeigned fears that are so lost in this vast world **I Dont Have One.** Margaret Rose, 2017-12-18 i dont have one is a collection of free verse poetry exploring anxiety depression and love Poems range from short quick thoughts to spiraling rants of anxious worries This collection details the emotional struggles of love and the darkness of dealing with mental illness **Soothing** , 2025-04-15

Between The Dark and The Light R William Parmenter, 2024-12-10 Between The Dark and The Light is R William Parmenter's debut poetry collection exploring bipolar disorder depression and anxiety It delves into darkness and light offering hope and connection to those facing mental health struggles *Flying Lessons* John A. Snyder, 2005-12-01 This book contains 50 years of writing poetry I bare my soul for the entire world to read Through three marriages three children and many mistakes along the way Now in my senior years I feel maybe some of my poetry may console others Everyone of us has had struggles in life I found poetry to be my life preserver through the rough times I hope each person finds at least one poem that touches their soul in some small way

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