

I will be OK!

Tuesday, 25 August 2009

Last Updated Tuesday, 01 September 2009

Hello everyone! I will start by introducing myself. I'm 21 years old from the Philippines. I'm a 4th year Engineering Student and living a happy life with my parents and siblings for 21 years not until July 27, 2009. This time it changes my life. This is my story.

I had a flu on July 23, 2009, it was the time when the A(H1N1) flu virus is at present. But our community is free from it so I don't give so much attention to myself. My fever had run off on July 25, 2009. I was busy playing computer game when suddenly I notice that I had a rash in my hands. I run directly to my mother and ask her about it, she told me that it was nothing, but my sister-in-law was there at that time and she told me that it maybe a dengue fever. When I heard that word my body starts to tremble and butterflies in my stomach, I was so nervous. I keep on thinking that it maybe a dengue. The day after, I went to school with the same thoughts bothering my mind and my body is still shaking as if there are currents flowing through it. I am still nervous that it maybe a dengue because the rash in my skin is still there.

On July 27 morning I decided to have a laboratory examination on my blood to find out if I really had a dengue. The good news is I don't have it, but still my mind is bothered and the trembling in my body won't stop. I go to sleep about 10:30pm when suddenly I woke up and had my first panic attack. I felt the world is crushing down on me. I am so nervous. I force myself to sleep hoping that maybe tomorrow it will go. July 28, I woke up for the first time in my life having fears which I don't know about, I lost my interest, I lost my life as if I will be insane. I have nerves all over my body. I cry begging for help. I don't know myself anymore. I don't know what to do. I hug my brother tightly and beg him to help me. I am so scared for that moment that thinking that I will be insane. I've suffered the shakes and trembling for 5 days. But the anxious thoughts are still in my mind up to this time. I'm still finding myself. I am still nervous from time to time but manage to go to school. I get my strength to people I love, reading stories which I can relate and praying to God.

Being anxious is a mind setting, I just keep on thinking positive thoughts and be inspired by little things so the negative will run off easily. I hope this would help, I got this from a movie Kung Fu Panda. It says "Yesterday is a History, Tomorrow is a Mystery and today is a gift that's why it is called present". We should not think too much from the past and a what would the future maybe. Just take one day at a time.

I hope that my story would somehow help you. We can do this. The good news is I am OK. You will be OK, as my father would tell me, "It won't kill you and harm you". My father suffered stroke for 4 times. And still he is fine. We can be fine too.