Hope you all had a better day

Wednesday, 21 March 2012

New to this site.

So today was one of those days. GRRR!!!

Went to work already dreading it. Got there and not even 10 minutes into our business meeting I start feeling anxious. Hands started to shake, head started to shake. I couldnt sit still. Felt like the lights in the room were bothering my vision. Got up and pretended to take a call in the ladies room because I couldnt stand being in that room with so many people all close together. I felt like everyone was looking at me. I hate when I cant control my anxiety. It's stupid!

My doctor told me to get off my Zoloft because since I have been on it for over 10 years chances are I dont need it anymore. And I notice that since I have gone down to 50mg from 100 mg I dont shake as much and I dont get the head tremors like I use to. So in a way it's a good thing. He gave me a prescription for beta blockers which I havent taken and then I requested clonopin but he gave me xanax instead which I havent taken either because I'm too scared to take new meds. I hate this and I wish it would all go away. I get so mad because I hate that I have to deal with this.

Hope you all had a better day :(