

HUSH

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Hush mind

Be still

Thought train has left the station

I am the conductor

An orchestra of thoughts

So colorful

So destructive

A whirlwind of noise

Losing control, this train derails

Pop!

Like an explosion

Am I losing my mind?

Shrapnel of me

Puzzle pieces to assemble

I need to bind these shards

How?

Look in the mirror

Eyes leaking, like a dripping faucet

Who are you?

A voice in the void: Love

“I love you”, said me to me

A spark ignites

Breathe deep

Fire likes air

The candle burns a little brighter

The music plays a little lighter

Speak, brain

What say you?

“Hope is a new beginning,”

Put pieces where they fit

Whole.

Like a galaxy

Unexplored, where no one has gone before

So much to love

A fire burns bright

Mind, I hear you, and you are beautiful.

I have a history of trauma, depression, and anxiety...along with a slew of other diagnoses. With all that comes with these struggles, today I am bringing up what I like to call “Busy Brain”.

Often, I find myself with personal worry thoughts such as “Why didn’t they call back?” “What if there was an accident?” “Does anyone even like me?” as well as global worry thoughts “Is there going to be a tornado? And if there is, what kind of devastation will there be?!” “Is society ever going to be at peace?” “Why is there so much hate in the world?”. The scariest thoughts I have, and the red flags are: “Why bother?” “I don’t care” and the kicker: “This world is better off without me.”

My first step to challenging these thoughts are to first to recognize they are there. This isn’t easy. Nothing about “Busy Brain” is easy. I practice self-validation daily, so I may reassure myself instead of looking to outside sources. I am learning to love myself through self-validation and reassurance to myself that things have been better and will be better again. This thought process gives me hope.

Hope is key, in my opinion, to moving forward. It doesn’t stop the racing thoughts, but hope does make them more tolerable. When negative thoughts enter the race, I challenge the validity of them, and then reframe the thought into a positive. An example: “Why is there so much hate in the world?” my challenge could be “Though I cannot change the way people feel and think, I know I am loving to others and change starts with me.” This gives me a sense of hope as well, and control over my reaction in a more intimate picture, rather than feeling hopeless in a massive void of helplessness.

I don’t have the answer or a cure for busy brain. What works for me, may not work for another. What I do know is that with hope, love, and compassion for myself, the racing thoughts aren’t as negative, and sometimes they even slow down and give me a little peace.

Notice, challenge negative thoughts, validate reframed thoughts, and learn to love yourself. I am always a work in progress, but I love that I keep moving forward.