

## **May 2023 Peer Perspective**

### **Change Happens**

Over the past 47 years, I have experienced many changes in my life and those of others close to me. Two days from now, I will be experiencing the biggest change to date. Marriage.

In the past, I found myself bedridden with anxiety so overwhelming that I couldn't breathe or function on any normal level. My life felt like I was trying to hold onto fine sand slipping through my fingers right in front of me because being in control was the only way I felt safe.

So, with all the planning and preparation for this life change, I had choices to make. I could let my anxiety take over and create this fear of the unknown, OR I could use skills that I've learned for grounding myself, putting things into perspective, preparing the best I can for what might come, and live **in the moment**, not for the "what if's."

Anxiety can be treacherous, just like any other mental health diagnosis, if we let it take over our emotions, OR we can learn the skills to keep anxiety (or other symptoms) at bay. I chose the latter as I would like to enjoy my special day. I make decisions now about how my emotions affect me. Change is inevitable.

**"You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone." — Roy T. Bennett**

- LeeAnn Ebert-Certified Peer Specialist