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Stress, it's a funny thing; I use to think I was free from it, now it tramples me down and mashes me into the earth. This feeling is uncontrollable; waves of high intensity bombard me, fear, uneasiness, loss of all ego and confidence. The first wave hits me and I focus constantly on the tipping point; the tipping point is something I have identified as a failure to me, not being able to perform at a high level for a new process. I was sent home early and it hit me like a ton of bricks, was it really because of the fact he had too Stressed: a personal journey many guys; was it because I couldn't perform. I have never had stress in my life, or so I thought, maybe I have had and it has never affected me before, life has changed for me and I have put myself in a position that I have to perform. I am at an age that does not afford me any mistakes; I feel the unending gloom that wafts above me like the stink of rotting garbage. My self-worth is at an all-time low and my confidence is in the toilet, I continue to focus on that moment and it drives me to depths unfathomed. I have moments of joy and I try to hold onto it with all my might, I drive myself back to the brink and dark thoughts creep into my mind, would my family be better off without me and how would they benefit? I understand now what it feels like to contemplate ending it all and leaving this plane. I could never actually do it, and it crossing my mind concerns me, the joy I have gained from raising my beautiful children had been the best part Stressed: a personal journey of my life. I look forward to watching them grow and seeing their milestones; first kiss, first job, and first major crush. I look forward to their accomplishments and helping them through their hard moments. I get Stressed: a personal journey joy from their hugs and kisses and it soothes me like no other thing in my life, their laughter makes my world go round and their tears stab me through the heart. My confidence grows and wanes, shifts to new heights and sinks to new depths. Its 12:42 Calgary time and I am bouncing back and forth between good and abysmal, I go for minutes with no feelings Stressed: a personal journey of unease and straight back to the bottom of a dark putrid hole of blackness. As I write this I am flipping in and out of fear and anxiety, I look for moments of lucid clear thought and am blocked by irrational fear Stressed: a personal journey of worthlessness. Where did this come from and how do I beat it? I take deep breaths and try to calm myself, it helps for a bit and then its right back. I want to call my sister and talk to her about it but I don't want to alarm her, she`s a nurse and knows about mental health issues. I loath to say the words but I am sure I am in some form of mental health distress. I need to get my blood Stressed: a personal journey pressure checked and see a doctor; the physical symptoms are taking a toll on my mind. I feel I am about to snap and lose all mental functioning, my brain is jammed with worry about the support of my family; the one thing keeping me together.

## **Stressed A Personal Journey**

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