

Looking At Anxiety From a Societal Stance

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Anxiety and depression, many thoughts can form just around words alone. Isn't that crazy? That by saying just two words, your mind has completely transformed. Now, this article isn't to talk about the statistics and to discuss how the chemical imbalances in our brains cause us over time to react/respond differently to situations, no I want to discuss the actual effects on a person. Because though the world has come a long way, and the discussion of this uncomfortable topic has been opened up more, there's still stigma and confusion around it. People questioning others, responding with how it's easy to just be happy just put yourself in the right mindset. But what people don't want to hear is that sometimes, you can't just be happy. Depression and anxiety eat away at you over time, causing people to overthink their thoughts and words, and actions. Forcing people to shut loved ones out of their life because they can't bear to stand another day putting them through their own issues. Making people want to hide, because their own thoughts to themselves can be terrifying. Society has become too numb to the heart of what the conversation should be about, asking questions about anxiety and depression is a start, but just ending it there isn't enough. Take it a step further, make yourself uncomfortable, ask and learn about what people feel when they have their harder days. That's the only way if you're not struggling with depression or anxiety, to have even a glimpse into the unruly life of what some have to go through. A topic under this umbrella I want to personally discuss is something that I usually don't share too often. Though anxiety can come in many forms and fashions, overthinking is something that can almost kill. I personally have struggled with my own fair share of

overthinking, now I'm not
talking about the discussion
of what to eat and whether
I'm actually hungry or not.
No. I want to talk about the
late nights, staying up,
having little to no rest



because your mind is cluttered with thoughts and opinions that aren't true. I want to talk about the random silent moments throughout the day because you are so in your own head, you can't pull yourself out of it. People think overthinking is a personal issue, and in some ways, I'll admit it totally is, but to say it's completely my fault, that's where you're wrong. Overthinking can stem from trauma responses and years of built-up emotions and pent-up frustration where there was never an outlet to vent to.

Overthinking is a coping mechanism, it's a way for our brains to create responses to the thoughts that we think people have, whether that's for better or for worse. And that's the issue with the stigma around overthinking, people in today's society have this perception that those who overthink and create false realities seek attention and validation from those around us. But it's far from the truth, when we bring our concerns up, it's to have the truth. We don't sit around planning our next overthought idea, we just do it on command. We don't want to think that everyone is lying, or secretly hates us. We want to believe that what people say to us is true. But it's hard some days, some more than others. In this day and age, we need more understanding, we need more people to be willing to understand and learn about the struggles of anxiety and

depression and the roots they plant in people's heads, though the scientific viewpoint is important and it's a huge help in working towards fighting these mental illnesses, the actual companion from other and the need for the stigmas around depression and anxiety need to change for the better.