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Carrying Xanax

Monday, April 01, 2013

One of the best things about SP is discovering friends that face the same specific challenges as you. We're all here to lose/maintain weight and live a healthy lifestyle, but encounter different obstacles or "potholes" that can delay reaching our goal or throw us off the path entirely.

JaHintz's blog entry:

"Oh hi anxiety, I see you there" prompted my thoughts today.

www.sparkpeople.com/mypublicjournal_individual.asp?blog_id=5302052

She included this link www.anxietynomore.co.uk which contained the following advice.

"Just like I did, too many people spend too much time searching for that miracle cure or the new magic pill that is just going to make it all go away instantly, that cure that so many people falsely promise."

I agree completely with that statement which may be surprising considering the title of this blog entry. Note it says "carrying" xanax.

I knew early in life that I had the same "anxiety gene" as my mother. I had a front row seat as I watched her life being limited by her condition. The seriousness of the condition wasn't recognized way back then. It was just something you were supposed to "get over." How to do that wasn't specified.

Looking back, I think that my love of exercise, sports and fitness activities inadvertently helped me cope with the condition so my symptoms were always less severe than what Mom experienced.

Still, it was always there lurking just beneath the surface and popped up in full force when serious stress occurred in my life. Unlike my mother, I was very good at hiding it. Except for close family no one even knew about it. DH and I coined a term for it – "the scaries."

Eventually society became more aware of the condition. Science has actually discovered the "anxiety gene," the length of which determines how prone you are to suffering from anxiety. Medication became commonly prescribed. My mother would NEVER take anything like that since she didn't want to become "addicted" even in her 80s.

I didn't want to be addicted either, but I did discover, in times of extreme stress, a pill (xanax in my case) did give me the ability to get back in control and be useful to myself and others in the situation.

This brings me back to my original title. I've discovered that carrying xanax is just the "safety net" I need to handle the problem myself. The fear that I won't be able to handle it causes more anxiety. Having my "safety net" in place gives me additional strength. I don't need to take a pill immediately when anxiety occurs because I know that if I get to the point that I can't manage it through other means, I have something to fall back on.

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This weekend my grandson was suddenly taken ill and spent 10 hours in the ER. With my SHORT anxiety gene I was about to jump out of my skin, hanging on every update. DH (who must have a LONG anxiety gene) reacted with his typical "let's wait to hear the diagnosis."

I want to handle anxiety through natural means, and I want to live my life unlimited by this condition. Carrying that little bottle gives me the security to do this.

It's still Easter Sunday evening as I write this, a day of hope throughout the world. I wish you all the strength to face whatever challenges occur in your life.

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GINIEMIE



I have to look up the three meds that put me over the top, when the doctor tried to help me with my anxiety after Erik's accident. I had such reactions to the three of them that i'm not open to trying any more. Frankly, my family has weird reactions to drugs so I feel like I have to tough it out because all the experiments are terrifying. Thankfully my anxiety and stress are reduced and exercise and an occasional glass of wine are my two antidotes. Glad you found something that works for you.



2994 days ago



SUZYSMOBILE



Good grief. I don't know how, but I stopped getting notifications of your blogs. I should've noticed that I hadn't seen one in days, but with company here, I have a hard time noticing much of anything. I wonder if I could use some Xanax, because I'm feeling overwhelmed and kind of depressed about everything. Not my old self at all. Oh well. It isn't anxiety, which is a blessing!

2995 days ago



SADWHITEWOLF



I know just what you mean. Sometimes, just having a xanax or colonopin with me is comforting in and of itself.

2995 days ago



COCK-ROBIN



You have my support.

2995 days ago



DR1939



Read through to the end because I have qualifiers in this. I am a Social Psychologist and we tend not to be enamoured of medication for most, but not all, behavioral problems. However, I had an experience with a colleague, a Clinical Psychologist, who read some research suggesting that anxiety medications were not universally helpful. He weaned himself from Xanax and seemed to do okay for about a month then he literally had a meltdown. He had agreed to teach a class off-campus and was perfectly capable of handling it, but he came into my office in great distress (this is an understatement of his conditions) about a week before the semester began and I had to cancel the class as I had no one else to teach it. I usually did not do counseling of the faculty but it was clear he needed some "mothering." I encouraged him to take the Xanax and two weeks later he was fine. My husband had always been a worrier but usually could get his anxiety under control. However, several years ago it became clear that he needed something more to help bring the pervasive anxiety within control. I suggested to his physician that he prescribe something for anxiety (after consulting with my aforementioned colleague who is a fine therapist). The MD prescribed Xanax and a little later added an antidepressant. The combination has been a miracle for my husband and for me. He takes 2/day and can add a 3rd for those times when environmental factors overwhelm him. As I said it's great for him, but it's also wonderful for me as he tends to displace his anxiety onto me. When I was hospitalized last week for heart problems as I was being placed in the ambulance I was telling my husband to be sure to bring his extra pills with him, just in case he needed them.

2996 days ago





MYSTERYROSE74

Oh wow, how I love Spark People. I really need to update my blog here. I have had anxiety my entire life. As a child, I was always labeled "shy" or "nervous", but I've come to realize it's been anxiety the entire time. I don't remember how how I was when I had my first panic attack (I'm thinking my senior year of high school, or first year of college) but they've gotten worse over time.

When I get anxious, my entire body tightens (I have ataxic cerebral palsy and tight muscles go with the territory). I don't drink alcohol much at all (maybe a few drinks a year). I'd say in the last year or so, I've been saying if I could ever get the effects of alcohol (loose muscles without the brain fuzz), I'd consider taking something for my anxiety

My mother in-law has been offering me Xanax just to try out for a long time now, and I've always passed it up. About a month and a half ago, I finally gave in and tried one (a lot more to this story, but too long to get into here), and oh my goodness! I really did not think a pill could get rid of anxiety or panic attacks, and it does not. however, it does diminish them quite a bit. I'd say about 85 to 90% of my anxiety went away with that little pill. It felt so nice to be in my "trigger" for anxiety situation and not feel like I was going to die.

I've taken 3 Xanax over the course of the last month and a half, and every time, I'm so glad I did. I know I need to control my fear (I have a huge fear of falling) and take control of my anxiety, and Xanax I think is going to help me accomplish that.

Long story I know, but your blog post sparked this reply. You're not alone, and it's nice to know I'm not alone either.

Terrie
2996 days ago



CELIAMINER

Thanks for addressing an important issue. I did not know you were prone to anxiety attacks, and I wish for your sake that medical science could find a breakthrough that would protect you from ever experiencing one again.



2996 days ago



MISCHAKEO

My prayers are with you and your grandson. My son has anxiety attacks., That was an excellent site for information. Using the Xanax keeps you stable and functioning! I am glad it helps you.



2996 days ago



SANDYCRANE

My husband definitely suffers from anxiety. He was prescribed Xanax, but stopped as he did not want to become addicted. I am the exact opposite. I never knew that there is a gene for anxiety, thanks for the information. Spark is a wonderful site, I have learned so much. Have a good day.



2996 days ago



CD12146214

If it gives you peace of mind, then you carry it. Unless a person has experienced an anxiety attack, they really don't understand how paralyzing it is and if a tiny pill can help....I say thank God!

As a person who lives with OCD, my meds take care of the "scaries" and I thank God everyday that my body responds so well to meds I have to take every day of my life.

Happy post Easter and I hope you Grandson is doing better today
2996 days ago

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