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BE FREE
Anxiety
THE STORY

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BE FREE ANXIETY: THE STORY



At 15 I started suffering from panic attacks. These panic attacks lead to complete self loathing, then I would hate myself so much I would self harm. I would despise myself which lead to me punching and slapping myself. Then a few more years forward and I started Uni, bought a flat and worked. Always super motivated and wanting to find the key to happiness. I did everything to excess. I studied, I partied and worked 2 jobs. It was fun, but my body kept trying to tell me otherwise. I had more panic attacks, psoriasis over my whole body and a gripping in my chest.

After University I tried different jobs, I had my own business in catering which I worked from the early mornings late into the night and continued to party. Relationships started to fall apart, the stress grew too much. Whilst on a holiday with friends I decided enough was enough and that I wasn't coming home. I decided to run! Run away from my life and responsibilities. Whilst making this decision I hurt those I loved most, my family. The guilt of leaving them worried and concerned was too much and I flew home to face the music. As you can imagine this fuelled my self-loathing and anxiety even more. I felt trapped, lost and a failure.

B E F R E E A N X I E T Y : T H E S T O R Y



By my mid/late twenty's I was getting on well with work, successful had a lovely flat, new boyfriend (now husband) everything was going well. I still had the occasional panic attack, but I was now becoming more aware and in-tune with triggers, things that were supporting me and helping me feel better.

I always placed so much pressure on myself to be the best at what I did, always giving a 110%. After marrying my husband, I became a step mum to two children. I focussed so much attention on being the best wife and support for the children. I loved children dearly and had always wanted a big family. We then started trying for our own baby to be told that we were not going to be able to conceive a child together naturally. Despite everything I've mentioned above, I kept pushing, kept driving and was motivated and unwilling to accept that that would be the case. There must be a natural solution. Again, I gave 110% into looking at diets, nutrition, acupuncture, positions. Then the magic happened. Call it a miracle or that we'd successfully managed to improve our health, but we had a little baby girl.

B E F R E E A N X I E T Y : T H E S T O R Y



So delighted but quite naive as to stress and pressure I was away to endure. It wasn't an easy pregnancy health wise, made even more difficult by dynamics of not having your typical nuclear family. It was tough. Once my beautiful girl was here, I started to experience all sorts of health concerns. Panic attacks, feeling like I was going to black out and then I got labyrinthitis and BPPV an inner ear condition which affected my balance.

My world started to get smaller, this condition would disappear then re occur. I would be driving with the kids and suddenly feel like I was going to pass out. The anxiety I was feeling was off the scale. I had a constant tightness in my chest. I'd convinced myself I had a brain tumour or was going to have a heart attack.

I went to the hospital the doctor and then they diagnosed me with Subconscious Hyperventilation and Post Natal Depression. In my usual style and response, I disagreed. I looked again for natural solutions and found an amazing Natural Medicine Practitioner. I turned up with my list of symptoms. She reviewed these, my history from birth, my diet. She diagnosed Adrenal Fatigue which is caused by living in a state of stress. She implemented some solutions, changed my diet and within a couple of weeks I felt so much better. It was another miracle as far as I was concerned.

B E F R E E A N X I E T Y : T H E S T O R Y



Feeling better and living my life then the next curve ball hit. I was laying on the sofa one night and then I had severe pain in my abdomen, it was excruciating. I then started to bleed from down below. I called the medical helpline as it was a Friday night and they made an appointment for me to see a doctor straight away. This doctor told me that it would pass, and it was probably something I ate and my time of the month. Yet again I was losing confidence in the medical profession. I was so upset. I don't know why but, in that moment, I drove to a local supermarket and bought a pregnancy test. It tested positive, I bought 3 more they were all the same. I was so excited yet terrified. I continued testing the next two days with the lines getting fainter. I visited my GP on the Monday to be told it had been an early mis-carriage. I was devastated. I blamed myself although I hadn't even known. It really fuelled everything I'd been battling and burying deep down. We spoke to medical professionals again to see if we could have another baby. They told us this was impossible again for us to conceive but we could try IVF. I couldn't get my head round it all.

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We started this process and my heart and head were all over the place. My controlling nature was kicking in that I could achieve anything I wanted and wouldn't stop until I got it. As we were taught how to inject and everything that was involved, I had ovaries checked and as I sat in a room of other hopeful, would be parents at the hospital I realised I couldn't do it to myself. Mentally I wouldn't cope with another miscarriage, or the hormonal changes. My egg removal appointment was booked, and I bailed.

I felt like a failure that I didn't have the strength to continue, the panic attacks had kicked in mega full scale and I was struggling to get my daughter from nursery or go out for dinner or do the things I loved. I went to my GP again and asked for anti-depressants. I cried as I picked up my prescription and popped that little pill into my mouth. I started to read the side effects and completely freaked myself out, I had a panic attack and again ended up on the phone to the doctors. I knew then I wouldn't take anymore, I fell into a complete breakdown.

For days I lay in bed unable to get up and cope. I was numb, my body gave up and shut down, I felt no emotion, I couldn't eat, I lay in bed and watched TV even being unaware if what I was watching. My husband was left to look after the children along with my mum. They tried to buy me foods I liked and feed me nutritious food, but I was switched off to the world. Switched off to my children. Slowly I started to awaken. To realise that what I wanted most in the world was to be there for my kids, not a zombie.

B E F R E E A N X I E T Y : T H E S T O R Y



As I lay in bed, I started to look back at things that had helped me previously. I loved meditation as a teen in my yoga classes so started to listen to meditations whilst in bed on a loop. A friend advised me to try Reiki and that changed my world. It opened me up to why I was doing what I was doing and how to improve my life, then it grew and expanded. Each day or week I would add something else to the mix to help me find peace, happiness and health. I researched constantly tried new things and natural health solutions. I studied nutrition, crystals, oils and discovered self-care!

This is where my coaching, book and anxiety protocol was born. I've found natural solutions that can truly allow you to take your life back. Everything in these programmes have been tried and tested and used by me. The day I decided to look for solutions has now led me on a beautiful and challenging journey to where I'm at today. I am now a Holistic Health and Anxiety Coach, Speaker, Reiki Practitioner, Meditation and Mindfulness Coach and Essential Oil Enthusiast, my goal is to share and empower others to find solutions to their anxiety, stress and ill health.

Want to start your journey back to health? I can help you!

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I have created 3 amazing tools to help support you. I want you to live a life of freedom, a life you love, where you feel in control and can find joy every single day!

My Be Free Anxiety Coaching Package

My Be Free Anxiety Protocol (A nutrition and Essential Oil based daily protocol)

My Book 'Be Free: A Holistic Guide to Freedom from Anxiety, Stress and Low Mood for Life' (Due out late 2019)

I created this to support myself and clients from stress, anxiety and overwhelm, as a daily go to support to assist you live the most vibrant and healthy life.

With Love, Susi xxx

Thank you for downloading...

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