

My Journey and Destiny with Mental Illness

by Catherine M Laub, ACM

“I’ve fallen, cried, been angry and afraid. But even when I was hurting, I always found a way to keep going. A Strong Woman never gives up.”
WomenWorking.com

I attended the Women’s Prosperity Network’s (WPN) Un-Conference October, 2015. On the first day I jumped up when asked who would like laser coaching. I requested information on how to start a mental illness campaign. I explained I attempted suicide a little over a year before. The response I usually get when I share this is a BIG gasp. This time was different because there was total silence. Everyone was respectful and listened to our conversation. Sitting on the panel were five people; they all recommended learning more about the organizations already in existence. I was also told to continue following through with my coaching lessons through the WPN. These lessons have given me many great ideas for going forward with my business and how to incorporate my mission educating about depression. This mission was given to me by my angels recently. My campaign is “Brighten Your Day with Turquoise”.

I was proud of myself for standing up and announcing to approximately 300 people I had attempted suicide. It wasn’t my first announcement but it was exhilarating I could convey my message that I have to help other sufferers. I planted a seed for future connections. The advice I received was wonderful and I received direction. When I sat back down at my table I was approached by a woman who handed me information about a website listing many organizations and I was advised to research what *IS* being done so I can promote what is *NOT* being done. As I spoke my voice began to shake and I said my anxiety is showing up now. I explained I am diagnosed with Depression, Anxiety, Obsessive Compulsive Disorder, Bipolar, and Seasonal Affective Disorder. What I realized later on is I could have said ‘And I hear voices’. I really do!! This is in the form of messages from Angels and loved ones, my own and others.

Throughout my life I saw spirits and experienced strange occurrences. In 2010 while working with a life coach she chose an angel oracle card (similar to tarot) and did a mini spiritual reading. I eventually asked how she learned and she gave me the information for Angels Teach University and Reverend Elvia Roe in Massachusetts. I signed up immediately and advanced well in my training. I am now certified as an Angel Communication Master and provide card readings for others. This spirituality has helped me through my depression and gave me an understanding that some of my depression comes from being an empath (a person very sensitive of others’ emotions). I learned if I don’t protect myself emotionally and spiritually, I absorb others’ negativity which in turn affects my depression.

Continuing My Journey

My suffering was for many years and I'm only realizing lately how much it affected my life in ways I never related it to. My first hospitalization for suicidal thoughts was in November 2003. Right before Thanksgiving in 2008 I was having problems; I was evaluated at the hospital and sent home due to no psychiatric beds available. I wasn't actively suicidal and I pulled myself through it. In December 2011, I was hospitalized again for suicidal thoughts. My most recent hospitalization was due to an actual attempt and I was in for a week in August 2014. After the first two hospitalizations I also attended daily outpatient programs for six weeks. They taught me how to get through our bouts of depression and anxiety with many different tools. As you can see most of my episodes were in the season of darkness, a decrease in sunlight. This is because one of my illnesses is Seasonal Affective Disorder where the "darkness" brings on symptoms of depression.

In 2012 my angels orchestrated the need for major surgery to have most of my colon removed. The recovery was long and exhausting. In the years prior to the surgery and until April 2015, I practically lived in the bathroom because my colon wasn't working properly. This all caused my depression to become worse.

My life had revolved around my health, or actually the lack of it, but my angels have changed my focus. My illnesses controlled me but now I am getting my life back. My physical ailments caused my mental illness to become worse and my mental illness caused my physical ailments to become worse. My physical recovery soared in April 2015 when my angels guided me to Dr. David Pollack in Commack, New York. After working with him for only a week I started to feel better and I no longer "lived" in the bathroom. He gave me a diet specific for my conditions and supplements which assist my body to digest food. The goal is for me to be healthy and have my own digestive system work on its own. I am excited to say I am feeling better; I plan to totally heal myself with the help of my doctor, and more importantly, my angels.

I was already in therapy for many years but my medication was not always monitored enough. I am now seeing a psychiatric nurse monthly so we can decide if my medications should be adjusted. This will probably be steady for about six more months then we will go to every other month. This is a very important factor in remaining healthy. Another factor is seeing a therapist as often as needed and I have been seeing my therapist, Patricia Firestone, since 2003. I still see her every other week; I realize I will probably always need her support because when I didn't speak with her for long periods I started to slip. She has helped me through a lot of stressful situations and is thrilled how far I have come. I mostly share what is going well in my life now, especially with my spiritual skills advancing so rapidly. I discuss what my goals are and we are able to identify ways to accomplish them. Of course when something stressful comes up we discuss it fully. It is an important part of healing.

Realizing My Destiny

My goal now is to help others learn mental illness is no longer a stigma and they should speak up if they need support. I am learning about the different organizations that provide support. I eventually want to open a facility where people can learn coping skills and prevention methods. I would like it to be a relaxed atmosphere so if someone just wants to come in and sit quietly they can without intrusion.

I will try to incorporate helping others with mental illness into a business and retreat setting I originally planned. I have a business in which I do my spiritual work and will eventually have a location outside of my home. This will have both spiritual and religious items for sale and I will offer a variety of classes. I will have an area for people to gather for conversation, games, and relaxation; puzzles are an excellent way to relax, so many will be available for anyone to sit and build. There will be an area for creation journaling and vision board making. I will sell the supplies, hold classes and help people understand the purpose of being creative and to identify dreams of what they want in their life. In the center will be a living room setting where anyone can just come in and lounge around to get some rest from the distractions of the outside world. It will be a place for healing, relaxation and meditation.

For me to find my destiny and move past having several diagnoses, I had to accept what was going on in my life. I had to accept help and understand I might need that help and support for a long time. I knew I had to deal with the stressors in my life before I could move forward towards my destiny of helping others. I actually have written and published the ways I deal with stress. ***The 5 Tools For How to Overcome Stress*** as written in E-zines Articles February, 2015 is a guide to remain strong and deal with stress in a positive way.

Stress is evident in all our lives these days. It may be from a job, a relationship, personal situation or even planning a birthday party or a wedding. We need to learn to diffuse ourselves before stress or other difficult situations take over our lives. I have plenty of experience when it comes to different kinds of stress and would like to share with you some of the things you can do to de-stress. They may sound easy, but you have to work at them to have them affect how you handle stressful situations.

Not only can the ***“5 tools”*** or tips be used to deal with stress but these are also helpful for anyone moving forward from a difficult situation. If you want to find your destiny, then try these five tools and you will see a difference in your life.

1. ***Ask God (or your Higher Power) and Your Angels for Support***
2. ***Positive Thinking***
3. ***Affirmations***
4. ***Listen to Uplifting Music***
5. ***Engage Support from Others***

Article Source: http://EzineArticles.com/?expert=CATHY_LAUB

I chose to move forward and to make a difference not in my life, but in the lives of those who also live with mental illness. I know my journey is just beginning and my destiny is before me. I hope you will gain the information you need to move toward your destiny.