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Thread: [How do I not cause myself to have a breakdown?](#)

Condoms - March 29, 2018, 10:34 am

So, the backstory..

A few days ago, one of my friends had surgery. I heard from her afterwards, later on in day but she said she was feeling alot of pain. This was on Tuesday.

I didn't hear from her at all on Wed. My messages send, but she doesn't read them.

Same as today, even tho its 10:30am.. it's still early.

I do know she said she will stay in the hospital recuperating tho.

But how do I get in the mindset to stop myself from worrying so much, and know everything will be alright?

This always happens to me when I am going through a tough time, and not just a situation as this... It can be anything... It destroys me inside.

ORK24 - March 29, 2018, 1:36 pm

If she's post surgery you don't have much to worry about, think about the rarity of complications (I don't know what kind of surgery she went thorough but most have a very low chance), she needs to rest and that's probably the reason she hasn't been responding to your messages, I know exactly how you feel but just try to stay positive and calm in bad situations.

There isn't really a specific way to go about it, it really all depends on your mindset, a lot of people look for things to do to avoid the stress or at least suppress it for a little while, you could try doing other things you like, it will help.

Anubis God - October 18, 2018, 8:44 am

If you think you are about to have a mental breakdown, take a deep, slow breath. Fill your lungs completely, allowing your belly to expand, then exhale slowly. After your deep breath, try to think of some things you are grateful for, like the sun on your skin or a soft bed. Next, if you can, go for a walk or get some other form of exercise to give yourself a mental happiness boost. If you need more help, you can also schedule some time each week to meditate or practice yoga and get in touch with your emotions.

cjbob - October 19, 2018, 9:13 pm

Breath.

Get outside.

Run or walk somewhere to clear your head.