

When You are stressed OUT-*WHATS THERE TO DO*

Posted by Emes-a-Yid - 27 Nov 2022 17:09

So I am a bit-very stressed out, I am in like a very annoying situation, where I have to deal with, just the bothersome about it all is I am running in circles with nervousness and anxiousness, I am like about to vomit, it's not a normal thing I do, and I am B'H a healthy person. It has alot to do with "sarno" and it's not going well for me. I plea for help, it could be just something for a day or few hours but I just need to relax it all, but won't go to the Lo aleinu, *AGHH* i dont know what to do.

-I feel a need to just relax but can't do so,,,,,,,,,,,,,,,,,,,,,,,,,,,,,ayayayyy! Hashem I know ur there, help thanks

=====
=====

Re: When You are stressed OUT-*WHATS THERE TO DO*

Posted by Geshmak! - 27 Nov 2022 19:48

Oish I wish you can call me now to just shmuz and crack a few jokes... maybe go for a walk or do exercise biking it can really calm you down.,, looking forward to see a nice update on how you controlled yourself through this hard time... I'm davening for you!!!

=====
=====

Re: When You are stressed OUT-*WHATS THERE TO DO*

Posted by Geshmak! - 27 Nov 2022 19:50

Btw I never got a chance to comment on your username I LOVE IT!! that's exactly what you are but you just left out a word... a emse erlichah yid!

btw thank you very much!! For what? For a lot of of Stuff but now for helping me get to my 200 post!! Check out my profile I'm so excited!!

=====
=====

Re: When You are stressed OUT-*WHATS THERE TO DO*

Posted by Emes-a-Yid - 28 Nov 2022 05:18

[Geshmak! wrote on 27 Nov 2022 19:48:](#)

Oish I wish you can call me now to just shmuz and crack a few jokes... maybe go for a walk or do exercise biking it can really calm you down.,, looking forward to see a nice update on how you controlled yourself through this hard time... I'm davening for you!!!

HEY BARUCH HASHEM RABOSAI, I made it and did it again now on day 6 b"h. I am still going through the issue but some of the things have resolved, my apologies on not explaining what it is. I need the continued praying not completely done, need clarity! Thanks hashem for passing this nisyon and didn't have to rely on shmutz B"H

=====
=====

Re: When You are stressed OUT-*WHATS THERE TO DO*
Posted by Emes-a-Yid - 28 Nov 2022 05:20

[Geshmak! wrote on 27 Nov 2022 19:50:](#)

Btw I never got a chance to comment on your username I LOVE IT!! that's exactly what you are but you just left out a word... a emse erlichah yid!

what does that mean, I don't speak fluent yiddish, just some lol

congratz on high number posts, hopefully all your posts carry strong for others here and continued hatzlacha to all of the gye community, and bz"h the entire klal yisrael.

=====
=====