

# Getting a hold of the frenzy State

Dear Me,

In the past, I've chosen to endure rather than to voice my distress, fearing how I might be perceived. I would spend my weekdays in a state of constant pressure, promising myself reprieve over the weekend. My drive to excel pushed me to work harder than everyone else around me. The illusion of indispensability cast me as the hero, a role I willingly accepted for the praise and validation it brought.

I see now that this was a way to feed my ego, to claim superiority, and to deny my team the opportunity to learn and grow. My refusal to acknowledge my own discomfort and complaints made me blind to the messages my emotions were trying to send. I now understand that my emotions are valid and require attention, not dismissal.

The frenzied state I often found myself in was detrimental, not only to my mental health but also to my ability to process information and make decisions. My "weekend recoveries" were nothing more than a band-aid solution to a chronic issue - a state of constant emotional exhaustion that was both unsustainable and unproductive. I can see now that my actions were ego-based, even controlling, at times, and it was a misinterpretation of my emotions that led me down this path.

Going forward, I will approach my negative emotions with a new perspective, especially during periods of intense stress or 'frenzy'. I now recognize the importance of clear communication, particularly when it comes to expressing my needs during these times.

My commitment to personal growth involves empowering my team, letting go of the protective barrier I'd built, and addressing my negative thoughts as they arise. This may involve prioritizing self-care, cancelling a meeting to take a walk, or initiating a difficult conversation - anything that aids my well-being and personal development.

Being mindful of my emotional health involves more than just indulging in hobbies or working out, it also requires me to tune into my negative thought patterns and give myself the time to process and understand them. The next time I find myself in a frenzy state, I will pause, taking a quiet 10-minute break to listen to what my brain is trying to tell me, and then rearrange my schedule to address those concerns first.

This letter is a promise to myself to keep learning, growing, and listening to my emotions. By taking these steps, I believe I can gain a better handle on the frenzy state, enabling me to lead and live more effectively.

With love and determination,