

Early Intervention Service

Unusual experiences we all have from time to time

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The following is a list of experiences that anyone can have. Some of them can be very unpleasant and we can often get the wrong idea when they happen. Often they are really only a way the body and mind deal with things like stress. So, it is not unusual to sometimes misunderstand our body's reactions.

When you are anxious the following can happen (and often be misunderstood):

- You may lose your short-term memory and experience a drop off in concentration.
- Your thoughts may be speeding up.
- You may find an apparent increase or decrease in the importance of things, for example noise, shadows or tastes.
- Your mouth could become dry - this may alter your sense of taste. Some people complain that their food tastes different and may even start believing that their food has been poisoned.
- Your heart may beat in a different way from usual - fast/and or slow deep beats. Some people could start developing a fear of heart problems.
- Your breathing can change to quick shallow breaths.

- You may experience a wide range of strange visual effects for example tunnel vision.
- You may feel nauseous and even faint. You also may get an acid taste in your mouth as some acid is pushed up by your stomach contracting.
- Possibly you may want to go to the toilet more often.
- You could feel sweaty and hot or cold. People sometimes speak of 'breaking out in a cold sweat'.

Effects of lack of sleep:

- When there has been continual poor sleep, effects build up over time. You will get more and more tired and could start feeling as if you are not quite 'with it' with poor concentration and a drop off in performance.
- No sleep for two to four days: there is a possibility that you could start badly misinterpreting things like sounds, colours and even see and hear things that are not really there.
- Powerful dreams leading to anxiety and tension (preoccupation with meaning). Sometimes a dream is so real (or scary) that it confuses you and you could have troubled feelings and thoughts staying with you for many hours during the day. You may also spend a lot of time trying to figure out what they mean.

When you go to sleep and when you wake up:

There are two stages between sleep and wakefulness that can cause some quite strange effects. They can be accompanied by body jerks and a lot of strange hypnotic, dream-like experiences. They can be unpleasant, pleasant or even creative and solve problems - you can wake up unsettled or even with the answer to some problem in your head.

Automatic negative thoughts:

Most of us are inclined to think about things in a negative way, particularly when thinking about ourselves. We do not invite these thoughts but they come anyway.

The effect of others around you (a 'group effect'):

If your home life is filled with riddles, you may come to expect that this is the way of the world. If those important people around you often show anger and hostility then you may come to believe that all people are angry and hostile.

If you come from a background where you have been shielded and over-protected from life you may well come to believe that life is always safe and a walk-over.

Powerful emotions

When you experience these - for example anger, fear, love or jealousy - your thinking can get quite distorted. You may experience things in very different ways from the way you usually do and you may then behave in unusual ways as well.

Reactions to major personal loss/trauma:

Most of us have some reaction to major loss and trauma. Your reactions may be very different to your usual self and you and others may find your behaviour quite strange because it is so different. These reactions may seem to go away and then may suddenly reappear for no apparent reason. They can go on in this way for quite a long time. Reactions vary from person to person.

Drugs and alcohol effects:

The effects vary from person to person and that means they are unpredictable. It can happen that these substances could mimic symptoms of depression, mania and psychosis. Not one of us knows what mental health difficulties we may each be prone to. It is therefore possible that they could activate these conditions rather than just mimic them.

Existential effects:

This means thinking about the meaning of life. If you spend a lot of time doing this, it could easily make problems seem bigger and more complex and increase anxiety, with all its unpleasant effects.

Misunderstanding emotions - what am I feeling and what I do with it:

Most of us are not skilled in working out what we feel. So, sometimes we can mistake jealousy for 'paranoia', loneliness for being disliked by others and so on.

Memories and thoughts out of nowhere:

Apart from automatic thoughts, any thoughts and old memories can be activated by a small apparently insignificant or 'invisible' trigger. When this happens you could become confused and again spend a lot of time trying to figure out what it's all about. Déjà vu feelings - a vague sense of recognition about time, place and person often cause a lot of confusion - are like this.

There is nothing strange about these really. Our mind often takes incomplete pictures of events (it cannot remember everything). Sometimes a smell, a sound, light falling on a tree in a certain way will be enough to trigger this partial memory which our mind then tries to fit to the existing situation. This is the more likely cause of the discomfort.

For further information please see our website:

www.am-i-ok.co.uk

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यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए ही तो कृपया हम से पूछें

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