

The Re-emergence of Anxiety

For as long as I can remember I have been an anxious person. I am known by my friends and family for overthinking everything and am often labeled as the “mom” of the group by my friends because I am always prepared with different supplies for emergencies, always arrive everywhere extremely early, am always worried about everyone’s safety and wellbeing, and sometimes even try to prevent my friends from doing things I know are dangerous and will have negative consequences for them. In sophomore year of high school I decided to join my school’s Model U.N. club despite my fear of public speaking and meeting tons of new people at once. Joining this club was one of the best things I have ever done for myself because not only did my public speaking and meeting new people fears disappear but I also became more confident as a person and gained better decision making skills. I had so much fun and grew so much as a person that I joined again junior year, this time pushing myself even further and running for chair of rules and procedures of the club. I had to give a speech to the club in order to win this position and ended up presenting a slideshow for the club in order to educate everyone about the rules and procedures of Model U.N. Prior to this year I would never have voluntarily gotten up in front of the entire club and talked/presented. I was thriving- making new friends, having fun, improving myself as a person and learning new skills. Right after the National High School Model U.N. conference of 2020 everything came crashing down, school was moved online and the Model U.N. club stopped meeting. Online school and quarantine caused my fears to return because I stopped interacting with people in person other than my family and lost opportunities to practice things that scared me such as public speaking. Being trapped with my family also caused my anxiety to resurface because even though I love them they were constantly getting on my nerves

and I was seeing nobody except for them every single day. It took a while after quarantine ended for me to get used to interacting with people again and doing certain tasks. I started seeing a therapist to help deal with my anxiety returning and thankfully started regaining the skills and confidence I received thanks to high school Model U.N.