



atwitter (uh-TWIH-ter) *adjective*
excited in a nervous-bird kind of a way

Don't call me bird brain.

Found this pic about the word 'twitter' (not the 'What am I doing right now' kind). Speaks to my own headspace - the constant chatter (can't hear myself above the noise type). Personally referring here to anxiety, depression, obsessive compulsive disorder and post traumatic stress disorder. For those who don't know what it's like to live with these, please know that if I appear not quiet there; muddled; away with the birds; forgetful; distant; lost; spaced out; disorganised; detached; restless; tuned out; ignorant; off the planet; can't recall your name (or what you just said); appear thick or dumb or just plain weird ... I've just got some competition for your attention right now.

A friend told me about this interesting equation once ... ANXIETY + O₂ (oxygen) = EXCITEMENT. And yes, anxiety and excitement can and do get mixed up. Next time you feel anxious, check out the mix. Listen to the voices in your head - redognise who's at the bar (pub type again). It might help make sense of how you're feeling at the time - and you can then challenge the dialogue with some well aimed back chatting.

Words J. Browne

Pic from book 'L is for Lollygag - Quirky Words For Clever Tongues'. www.theblackdogproject.com

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