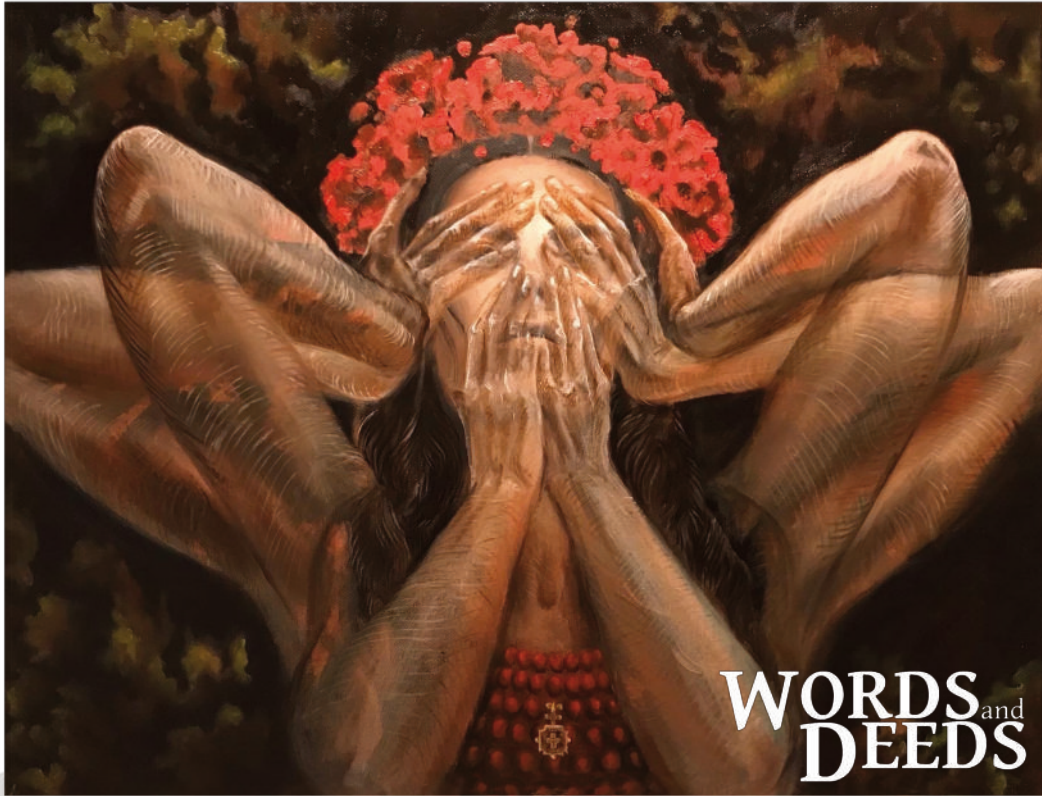


FEAR!



Fear paralyzes me.
So I close my eyes to the wounds.
plug my ears to the screaming.
as I cover my mouth in disbelief.
Wasn't yesterday a different life?
One without this pain?
One without this agony?
One without these feelings of guilt?
Today I woke up full of despair and sorrow.
Wasn't yesterday a different life?
I still can't believe it.

More than a book: it's your companion
on your journey through dark valleys
and over sunny peaks.

Through poetry, you can
express your feelings
and understand yourself better.



The meaning of the point
is
the point of the meaning.

A project from

Non-Profit Organisation
WORDS and
DEEDS
Art as a tool for charitable projects

IMPRINT

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A WORD FROM WORDS AND DEEDS

Did you know that most prefaces are not translated out of the original book, because each language has its own culture and needs, which are individual. Just like with our one-of-a-kind selves – everything needs to be adapted for us accordingly. Even our fears are individual. Looking with open eyes, one can see, we do have collective fears, generational fears, average-daily-life fears and primal fears in common. Even reading the news at the moment, we can see that common global fears exist.

Regardless, each person has their own individual fears. This is why we need to walk through it individually, culturally and in a language that can help to express, what we are going through. By understanding your fear and being able to express it, it helps you not be so tightly captivated by it. Fear will bind you, if you let it. This is why we (as NGO Words and Deeds) would like to offer this book to you – for free. To walk you through your possible anxieties and to discover them. Maybe even befriend them.

This book has been helping people since 2021. Since then we have experienced lockdowns, news of war and crisis, but hours of funny cat videos. Back then, the constant stress of masks and covid testing was wearing everyone down. We constantly have to think about whether we have a mask and our vaccination certificate with us. Even now the headlines still hit us like hail! Political fraud, price hikes, war in neighboring countries and threats of nuclear weapons. Cyberattacks and school shootings

don't make life any calmer. At the same time, the normal difficulties in life have never stopped. Love, hate, joy, bullying, future plans, education and increased expectations from the world of work.

It's all so overwhelming!

We live under constant tension and uncertainty. No one is spared. No one. You are not alone.

This booklet should be able to help you sort out your thoughts and to understand that everyone is afraid. Especially nowadays.

Yes, even „healthy“ people need help.

There is hope,

Mark Klenk - NGO Words and Deeds



FEAR

My fear screams.

If I fall down,
I may no longer recognize myself
And forget,
Who I was,
Who I will become.

FEAR

Washed out colors.

The smell of staleness

Fades to whispered cheerlessness.

Your own voice

Trapped inside of you.

GLOOM

Drowned in frenzy.

Open agony of the soul

In the chokehold of musty shadows.

Silently exhaling the grimaces

Hidden in their own embrace

Longing for everlost salvation.

FOOD FOR THOUGHT: PESSIMISM

When our world collapses...

at this moment we only see BLACK.

The feeling that »it will never be good again« rules over us. Also within us. It echoes all around us. Everywhere. It becomes our personal truth. Nothing can speak against it.

In this darkend room, we are suffocated by inky black eternity. It sticks to and stains everything everywhere. It blinds us to our core. The soul can no longer see properly. Like a fly in the web, we can't get away. The spider bite paralyzes. It eats us alive.

At this moment we only see BLACK.

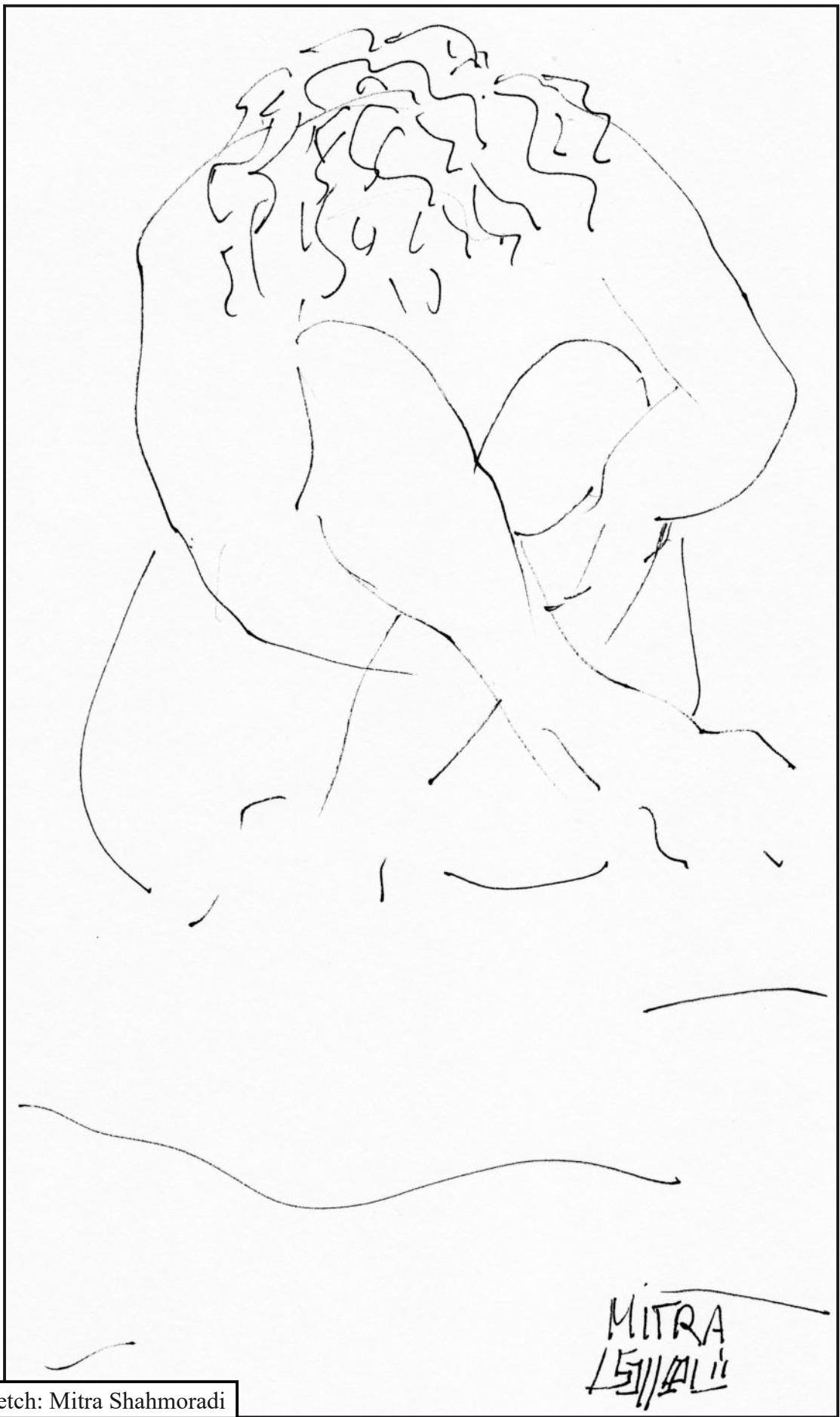
I am calling to you. Come out! Take a step. No matter how small. Forward. One step into the light. It's brighter here. It doesn't feel so heavy.

Let yourself be warmed.

What immediately comes to your mind
regarding this subject?
How do you feel in such moments?

Write it down here. Be honest with yourself.

Text: Mark Klenk



Sketch: Mitra Shahmoradi

NOT BECAUSE OF, NEVERTHELESS

The world dissolves,
Becoming nothing,
Although everything is there.
Therefore, out of nothing,
Can come everything,
Even the world.

When the fog lifts,
Not only the meadow is colorful,
Yet also the thoughts,
If you just paint them,
With all the wishes and dreams.
Color covers every grey.

DON'T PANIC ABOUT THE PANIC!

Panic attacks easily explained:

People are often quick to use the word »panic attack«, but they don't really know what these are like. However, once you have had a panic attack yourself, you won't easily forget it. The most common symptoms are a sudden racing heart, a feeling of tightness in the chest and shortness of breath. The nasty thing about panic attacks is that they can spontaneously occur. They are not limited to specific places, people or situations and can last for a few minutes. Those affected often say that they feel like they are going to die or faint at that moment.

I promise you: every panic attack will pass and the more confident you become dealing with them, the less often they will occur.

Unfortunately, the reason for panic attacks is something deeper. The panic itself is only the symptom. There are often areas in our lives that are not right for us, that restrict us or do not suit us as a person. Sometimes the body is already reacting before we even understand why it is happening.

That's why it's important to take a close look at all areas of your life and ask yourself: "If I were free of anxiety, what would I change in my life?" You can then discuss the answer to this question with a friend or professional.

FIRST AID FOR PANIC ATTACKS

Realize consciously that you are experiencing a panic attack and that you will neither die nor fall over.

Sit down or hold on to something stable to gain support for yourself.

Find a shape outside that you can focus on. This could be a window, a door, a tree or a special pendant on a necklace or bracelet that you have with you for such occasions.

Slowly outline the shape with your eyes and breathe in as you do so. Outline it again and breathe out. Take a few seconds longer to breathe out. Keep doing this until you feel your heart slow down.

Drink water and eat a snack afterwards to give your body back the energy it has lost through the panic.

Please consult your family doctor after your first panic attack to be absolutely sure that you are physically healthy.

THUNDERSTORM

I throw myself against the wall of fear.
Heart pounding to the sound of tortured screams.
Mine. Theirs. Ours.
This fear burns like a Molotov cocktail,
That runs over my skin, destined for distant dangers.
I tear at the ghosts and hammer against shadows,
Hoping that my self-destruction and
Purgatory-like exhaustion
Will defeat the demons.

I hide under my bed like a child in a thunderstorm,
As forgotten prayers boil over my lips, and blister me.
My sand-filled hope longs
To triumph over what I cannot control.
My desire is so strong that I burn to ashes and wish,
That the fires on the other side of the border are extinguished.
I can't control that.
I am tired.

Fear is a monster,
As big as the skyscrapers
Like the ones collapsing over me.
There is no future and no past.
Only this grainy Now.
Too tired to rest, but not enough,
To resist the poison of fear.
I drink what burns me.

FOOD FOR THOUGHT: FEAR

Fear of war?

Fear of failure?

Fear of rejection?

Fear of the future?

Fear of fear?

Fear of the unknown?

What we do not know or understand gives birth to fear. The endlessly looping thoughts in our minds create space for fear to grow in the belly of the soul.

Where have you experienced the most success in keeping the thought loops at bay? Did they go away after a while?

Write down your thoughts here. Be honest with yourself.

Text: Mark Klenk



Painting: Geopolitical Anxiety – Olga Zhminko



I CREATE MY OWN WORLD

I give the bare branches of the trees
Their dense foliage back,
The meadows and forests their intense green,
And transform the repellent gray of the sky
Into bright blue.

I invite the sun,
To bathe the landscape in mild light,
The wind to gently stroke my cheeks.

I create in my mind,
My own world,
In which I can be happy.

CONTROL!

Not knowing - sucks in panic,
Like air into my lungs before drowning.
Everything inside me cramps together.
Unsure what is coming,
I reach for my only weapon.

Control! I take control!

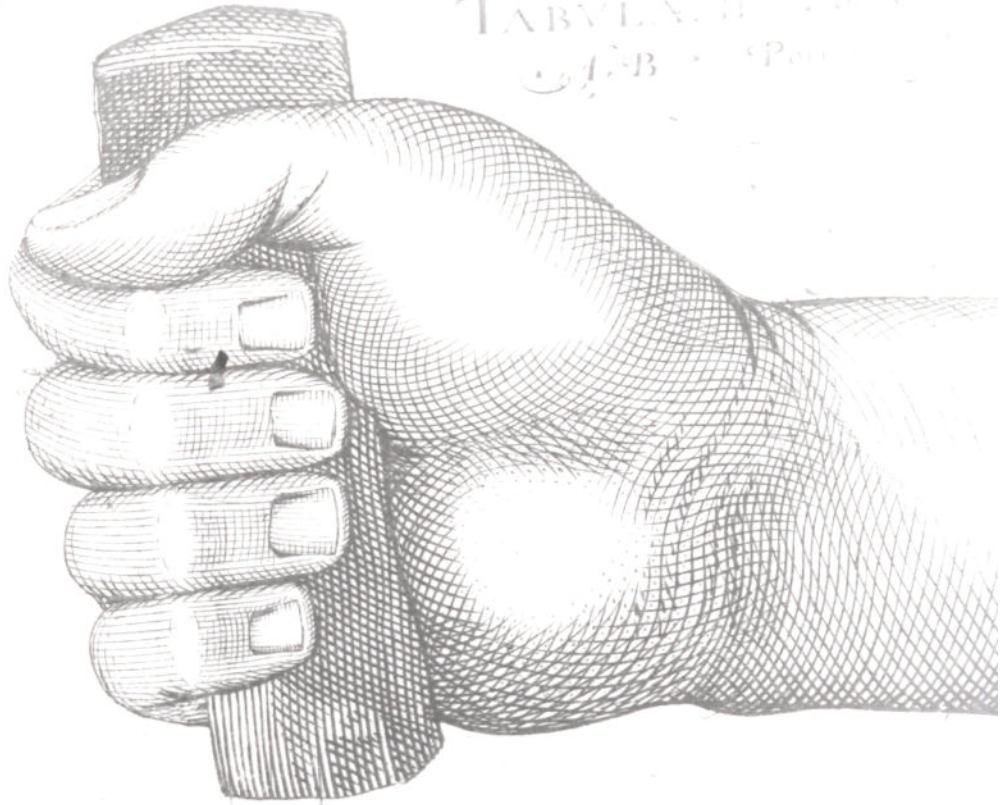
Of what? The unknown?
I strike out into the void -
Into the emptiness inside me.
Slipping, falling head first
Into a downward spiral.

Down! Down into the darkness!

I try again,
To get everything under control.
Clutching tightly,
I suffocate myself
Instead of letting go,
And just floating to the surface.

IO

TABULA II. HIC
C. B. P. P.



THE ART OF LETTING GO

What is wrong with control?

Control is often an expression of fear.

Letting go is an expression of trust.

When people panic in the water, they try to take control. They pull themselves and other people down. When they let go and relax in trust, they float to the surface. Catching air again, they can think more clearly and plan further course of action.



READY FOR ANYTHING

You have lost your faith
In love, in a house and in a farm.
Yet you've settled down
And now you find yourself stupid.

You have lost your hope
For work and money and happiness.
Yet you haven't spoiled it for yourself
By looking back with longing.

You think back to the time of youth, to the fair one
to virtue, and to the child you once were.
Yet you have become powerless as a result
Of the decisions you made, which seem wrong.

You can drink yourself back to your senses
And smoke whatever you want.
You can sink into misery,
As you are overflowing with shame.

What is this endless life doing to me,
In all my suffering?
I would just love to get a divorce.
And be ready for anything.

FOOD FOR THOUGHT: to the POEM

We often feel weak and helpless. Fear creeps up on us and we think: *I would just love to get a divorce. And be ready for anything.*

The feeling of fear can go away at some point. If we seek help, we soon see that life is worthwhile. Fear does not have to dominate our lives.

Easier said than done! At the same time, it brings us relief when we seek meaning and purpose in life. Moving forward spiritually and/or mentally. Even if the path is not easy.

Write down your thoughts here. Be honest with yourself.

Text: Mark Klenk

FACING FEAR WITH CONFIDENCE!

The latest news awakens primal fears in us. We see images of people who just had an apartment, went to work, of children who were playing with friends... and they are now on the run, fleeing for their lives, with very few belongings. The more intense the sensory impressions, the greater our emotional involvement. Many people still know stories of war from their grandparents or great-grandparents. These experiences continue to have a transgenerational effect.

What can you do if you find yourself in an anxiety spiral or if you have people in your family or circle of friends who are very anxious?

- Read the news, don't watch it. This helps build up a protective barrier by limiting the sensory impressions.
- Show understanding and convey trust.
- Focus on the present - What helps anchor you in your life at the moment?
- Mindfulness exercises, e.g. I feel, how I am sitting, my feet are firmly on the floor, my breath flows calmly and evenly through me ...
- Do not add any new »worry issues« to the hot topics, yet stay in contact with the person in need.
- Suggest professional help when things go beyond one's own limits.

»MY LITTLE WORLD«

One exercise I like to recommend is to shape your immediate environment. You cannot influence major political world events, but you can look for security and stability in your everyday life. What makes you happy? Where do you find relaxation? What can you change in your sphere of influence that will make a positive difference for you and those close to you?

There are many ways to support each other. Personal contact has a healing and liberating effect. A handy diary in which you write down happy moments is also supportive.

What do you think about the topic? Write it down here!

Text: Sandra Schleicher

CHALK

I don't want to let go of the illusion.
I want to hold on to it tight.
The lie is so beautiful!
So warm and cozy,
But it fleetingly slips
Through my fingers!
She escapes my will.

I hate the truth!
It is merciless.
It hurts.
Blind me!
Cover me up with the blanket of half-truths
So I can sleep peacefully
And I can stay in my dreams,
Where people and love
Live forever.

Let the hopelessness of reality
will be washed away by my tears,
like chalk from the blackboard of my heart.

WAR!

Judgement

myself

MONEY

terror attacks

the future

sexual violence

Graduation

Job market

(no) Relationships

UNCERTAINTY

my parents Sex

climate
change

MOBBING

THE HOLY OAK and THE GIRL

The holy oak tree towered high between people and God.

It was decorated with toy figurines - paled by the rain - and artificial flowers - bleached by the sun -, which were attached to the trunk with nails. The countless icons of saints hung on the tree, with faded faces they looked down and patiently listened to the prayers of the suffering and the hopeless.

A girl came and touched the holy oak tree tenderly and lovingly. Her fingertips glided over the rough bark. Looking up, she prayed quietly to the framed icons.

The saints' sad eyes looked back. »What's a little girl doing here?« they wondered.

As the sun sank silently, a cold breeze whispered through the fir trees that surrounded the clearing. The girl's fingers gently clasped the feet of the crucifix.

»Please,« she whispered reverently in prayer. She shed no tears, but the clouds in the sky wept for her.

She - in the rain - turned towards the sky. »Please,« she begged one last time while walking away.

HOPE? HOW DO I LET GO OF FEAR?

Let go!

Let it go.

Drop the weight.

The shoulders of your soul are getting tired.

It does not make you stronger to carry false burdens.

It doesn't make you weak not to suffer all the time.

You don't have to, prove something.

Don't punish yourself.

Let it go.

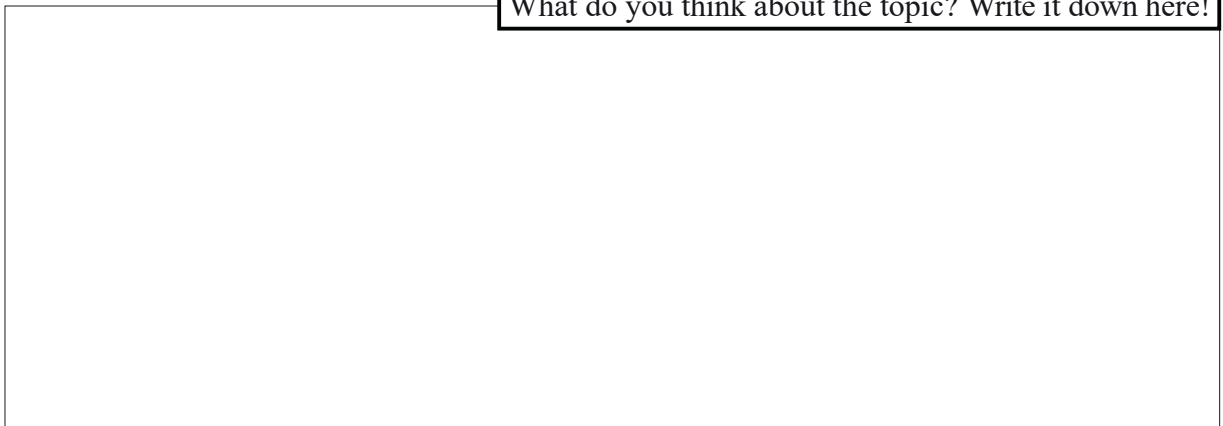
Drop the weight.

The ropes of your heart are getting thin.

You are not a failure, when you let go of false burdens.

You don't have to choose suffering.

What do you think about the topic? Write it down here!



TIGHT

Constriction of the heart,

Panic rises.

The chest threatens to burst.

My imagination triggers

Death and powerlessness.

The truth is:

There is change

Within the confines of a cocoon.

Like a caterpillar

The transformation

Creates a butterfly.

Where can I get help when I need it?

Austrian Emergency helplines in the event of a crisis:

* 24 hours a day – 7 days a week until noted otherwise.

** All numbers are accessible within Austria.

Ambulance Tel.: 144

Mobile Doctors (only in Vienna) Tel.: 141

»Rat auf Draht« (helpline for children and young people) Tel.: 147

Telephone counseling Tel.: 142

Social Psychiatric Emergency Service Tel.: 01/31330

Women's Emergency Helpline of the City of Vienna Tel.: 01/ 71719

Women's helpline in cases of sexual violence Tel.: 01/5232222 *

* (Mo.-Th. 10 am - 3 pm)

Crisis Intervention Center Vienna Tel.: 01/4069595-0 *

* (Mo.-Fr. 10 am - 5 pm)

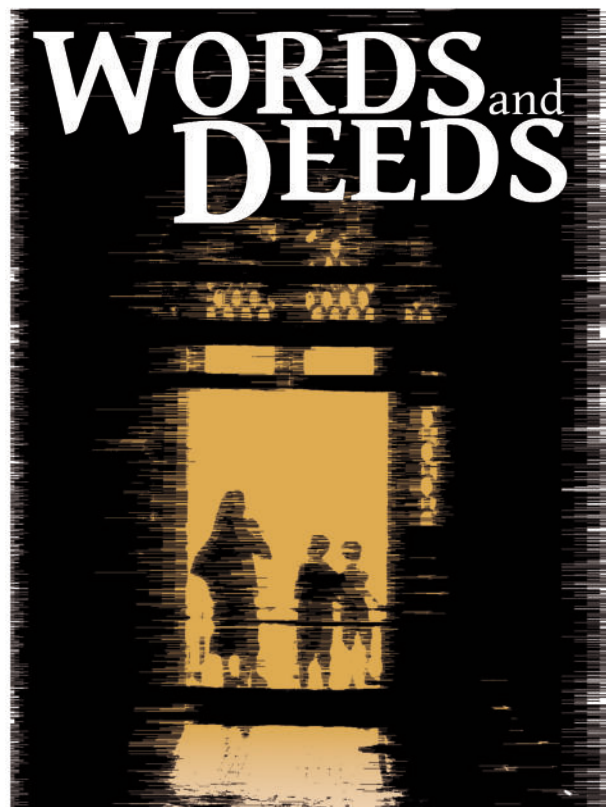
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<https://www.worteundtaten.at/indexEN.html>