



KEEP WINNING!

**NICHOLE
HIGGINS**

Opens Up



EPIISODE

*Overwhelming
Anxiety & ADHD*

**IN A SIMPLE WAY,
CAN YOU EDUCATE US
ABOUT
"OVERWHELMING
ANXIETY & ADHD"?**

*Nichole
Answers*

Overwhelming anxiety and ADHD don't look like what most people expect. They don't always show up as someone who can't function or get out of bed. For people like me, what they call "high-functioning", it's like running a marathon while carrying a 50-pound backpack that nobody else can see.

The ADHD makes my mind race constantly. I can hyper-focus on work projects until I'm the employee of the month, but then I can't focus on simple tasks like paying bills. The anxiety feeds off this, it takes every small failure and amplifies it into proof that I'm fundamentally broken...



**IN A SIMPLE WAY,
CAN YOU EDUCATE US
ABOUT
"OVERWHELMING
ANXIETY & ADHD"?**

*Nichole
Answers*

Answer Continued

...Together, they create this exhausting cycle where I overperform to compensate for feeling like a fraud, then burn out completely when the mental load becomes too much.

What makes it "overwhelming" is that it doesn't respect your achievements. It doesn't care that you just got promoted or that everyone thinks you have your life together. When that dark cloud rolls in, it strips away everything you've built like a tsunami destroying a sandcastle. And because you look successful from the outside, people don't understand why you can't just "get over it" or "stay positive."



HOW & WHEN DID YOU FIND OUT THAT YOU HAVE/HAD "OVERWHELMING ANXIETY & ADHD"?

*Nichole
Answers*

Honestly, I don't think there was one moment of revelation. It was more like connecting dots that had been scattered across my entire life. I've been working since I was 14, and I noticed this pattern early on—I'd start at the bottom of any job and work my way to the top through sheer obsession and determination. But then, inevitably, I'd hit this wall where I couldn't sustain that level of performance anymore.

For years, I thought this was just how life worked. I thought everyone felt like they were drowning while appearing to swim perfectly on the surface. It wasn't until I was in my thirties, after losing job after job despite being successful in them...



HOW & WHEN DID YOU FIND OUT THAT YOU HAVE/HAD "OVERWHELMING ANXIETY & ADHD"?

Nichole
Answers

Answer Continued

..., that I started to realize this might be more than just "stress" or "burnout."...The anxiety had always been there—that constant voice telling me I wasn't good enough, that I was fooling everyone, that any moment they'd discover I didn't belong. The ADHD symptoms were harder to recognize because they didn't look like the stereotype. I could focus intensely when something grabbed my attention, but routine tasks felt impossible. My mind would race with intrusive thoughts during important meetings, even while I was delivering flawless presentations.



HOW HAS BEEN YOUR PERSONAL EXPERIENCE, LIVING WITH "OVERWHELMING ANXIETY & ADHD"?

*Nichole
Answers*

Living with this is like being two different people trapped in the same body. There's the version of me that everyone sees, articulate in meetings, exceeding targets, climbing every ladder I touch. Then there's the version that exists behind closed doors, paralyzed by the weight of maintaining that facade, ruminating endlessly on every perceived failure, convinced that I'm a fraud who's somehow fooled everyone.

The hardest part is the unpredictability. I never know when that breaking point will come. I can be riding high on professional success one month, then unable to get out of bed the next. It's not just sadness...



HOW HAS BEEN YOUR PERSONAL EXPERIENCE, LIVING WITH "OVERWHELMING ANXIETY & ADHD"?

Nichole
Answers

Answer Continued

...It's this profound grief for a life I can't seem to hold onto. The depression feels physical, like mourning someone who died, except that someone is the version of myself I can't consistently be.

At 37, I've held more jobs than I can count, not because I'm incompetent, but because this cycle keeps repeating. Excel, burn out, lose everything, start over. Right now, I'm living in my mother-in-law's basement, and that voice in my head never stops: "You're almost 40, what kind of man does that make you?" It doesn't matter that I've succeeded before. In those dark moments, my brain convinces me those were all flukes.



WHAT HAVE BEEN THE EXPERIENCES OF YOUR FAMILY MEMBERS AND CLOSE NETWORK DURING THESE TIMES? WHAT WAS THEIR ROLE AND RESPONSIBILITY AS CARE GIVERS?

*Nichole
Answers*

My family struggles to understand how someone who appears so capable can fall apart so completely. They remember the version of me that solved impossible problems at work, so when I'm asking for help or understanding, there's this disconnect. "But you've always been so strong," they say, not realizing that strength and mental illness aren't mutually exclusive.

My mother tries to help, but her approach is tough love: "Just get over it and move forward. Stop letting your past traumas run your life down." Part of me knows she's trying to push me toward healing, but another part wants to scream that if I could simply choose to "get over it," I would have done it years ago...



WHAT HAVE BEEN THE EXPERIENCES OF YOUR FAMILY MEMBERS AND CLOSE NETWORK DURING THESE TIMES? WHAT WAS THEIR ROLE AND RESPONSIBILITY AS CARE GIVERS?

*Nichole
Answers*

Answer Continued

...My wife believes in me, even when I can't believe in myself. She's watched me rebuild from nothing multiple times. But I know it's exhausting for her too, loving someone who can be incredibly driven one day and completely paralyzed the next. She needs stability, and I keep breaking her heart by being unable to provide it consistently.

The worst part is knowing my son needs me. When I'm in those dark periods, the guilt is crushing. He deserves a father who can show up consistently, not someone who's constantly starting over, constantly fighting invisible battles. My family loves me, but they're also living with the consequences of my mental health struggles, and that weight is sometimes harder to bear than my own pain.



WHAT IS IT THAT YOU ARE DOING/HAVE DONE (MEDICALLY, PSYCHOLOGICALLY & OTHERWISE) TO MANAGE "OVERWHELMING ANXIETY & ADHD"? HOW HAPPY & HEALTHY ARE YOU WITH THESE RESULTS & EFFECTS?

*Nichole
Answers*

I'll be honest—I'm still figuring this out. For too long, I delayed seeking help because I was afraid it would impact my career. When you're high-functioning, admitting you need help feels like professional suicide. I was terrified of being seen as unreliable or weak, so I just kept pushing through until I couldn't anymore.

I've tried therapy, medication, lifestyle changes. Some things help temporarily, but there's no magic cure. The biggest breakthrough has been understanding that this isn't a moral failing or a character flaw, it's a medical condition that requires ongoing management, just like diabetes or heart disease. What's helped most is learning to recognize my patterns. I know...



WHAT IS IT THAT YOU ARE DOING/HAVE DONE (MEDICALLY, PSYCHOLOGICALLY & OTHERWISE) TO MANAGE "OVERWHELMING ANXIETY & ADHD"? HOW HAPPY & HEALTHY ARE YOU WITH THESE RESULTS & EFFECTS?

Nichole
Answers

Answer Continued

...now that my drive to overperform is often compensating for feeling like I don't belong. I'm working on setting boundaries, on not taking on more than I can handle just to prove my worth. But it's a daily battle, and some days I lose.

Am I happy and healthy with the results? That's complicated. I'm learning to define success differently. Instead of measuring my worth by how consistently I can perform at peak levels, I'm trying to celebrate the fact that I keep getting back up. Every time I apply for a new job after a setback, every morning I choose to keep fighting for my family, that's a victory, even if it doesn't look like traditional success.



WHAT'S YOUR MESSAGE FOR OTHERS WHO ARE HAVING A TOUGH TIME BECAUSE OF "ANXIETY & ADHD"?

*Nichole
Answers*

First, your pain is valid. Your struggles are real. If you're high-functioning like me, the world might not see your battles, but that doesn't make them less significant. We've mastered the art of appearing "fine" while fighting wars nobody else can see, and that takes extraordinary strength.

Stop using productivity as a measure of your worth. I've spent decades thinking that if I could just work hard enough, achieve enough, prove enough, the mental illness would somehow retreat. But that's not how it works. You are not your output. Your value as a human being isn't determined by your ability to consistently perform at peak levels.



WHAT'S YOUR MESSAGE FOR OTHERS WHO ARE HAVING A TOUGH TIME BECAUSE OF "ANXIETY & ADHD"?

Nichole
Answers

Answer Continued

...Give yourself permission to be human. To have bad days. To need support. To prioritize your mental health even when everyone around you assumes you're "fine." The expectation that we should maintain our high-functioning status indefinitely isn't just unrealistic, it's harmful.

To anyone who recognizes themselves in my story: you are not alone. Every morning you choose to get up, every time you rebuild after a setback, every moment you decide to keep fighting, that makes you a warrior, not a failure. Our decision to keep trying, to keep believing that better days are possible, is proof that our mental illness doesn't define our worth...



WHAT'S YOUR MESSAGE FOR OTHERS WHO ARE HAVING A TOUGH TIME BECAUSE OF "ANXIETY & ADHD"?

*Nichole
Answers*

Answer Continued

...The world needs to see us, really see us, not just the polished version we present professionally, but the whole, complex, beautifully imperfect humans we are. Our stories matter. Our voices, raised together, can help shatter the silence that has isolated us for too long.

High-functioning mental illness isn't about being "fine." It's about being human, doing our best with the tools we have, and refusing to give up hope that tomorrow might be a little easier than today. And sometimes, that's more than enough.



 An initiative by "Consult Aniket"



 **What's This About?**

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming their **Mental Health Disorders**



Keep Winning!

Consult Aniket

+91-7307344718
www.livingvirtuously.in



LET'S CONNECT

Be a Part of This Initiative
LIKE, COMMENT & SHARE

KEEP WINNING!

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming/managing their "MENTAL HEALTH DISORDERS".

Mental Health Disorders like Bipolar Disorder, Schizophrenia, ADHD (Attention Deficit Hyperactivity Disorder), PTSD (Post-Traumatic Stress Disorder), Clinical Depression, Fregoli Delusion, Capgras Syndrome, Dissociative Disorder, GAD (Generalized Anxiety Disorder), etc.

ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?



+91-7307344718
www.livingvirtuously.in



ANIKET CHAKRABORTY

Vedic Astrology | Mental Health |
Psychology | CBT, NLP & Mindfulness |
B.Tech - Computer Science Engineer |
PGDM - Silver Medalist, Topper in HR & OB |
Founder of LV AstroMind

Aniket Chakraborty