

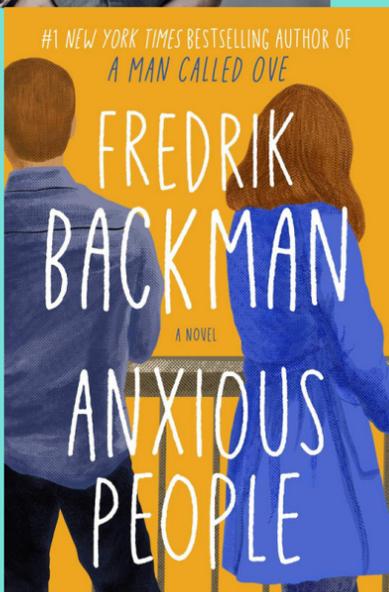


Anxious People

By Fredrick Backman



Background Information About the Author

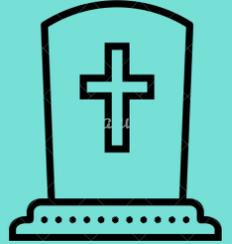


- He has been writing for the Swedish newspaper.
 - His second book, *The things My Son Needs to Know about the World* (2012), was based on his own experience with parenting.
- After his debut novel, *A Man Called Ove*, was translated into English, it landed on the best seller list for 42 weeks.
- He debuted as a novelist in 2012 with *A Man Called Ove*.
- He had turned to therapy 15 years before, after he was shot in the leg during a robbery, which left him on crutches and “scared of everything“, he says. “My wife will look at me and say, ‘Strange things happen to you. These things happen to you a lot.’” He pulled from both of those moments from *Anxious People*, his latest novel.

THE DIFFERENT WAYS DEAL WITH GRIEF

People deal with grief in different ways. It can manifest itself in the form of immense emotional and physical suffering. People may experience anything from...

- anger
- denial
- guilt
- sadness
- despair



Sometimes, it is easier to be mad than sad, since sadness, grief, and depression are psychological and even physiological states of powerlessness and vulnerability.

Mentally, some people experience forgetfulness, a lack of concentration, confusion, and poor memory.

Behaviorally, it is common for people to experience changes to sleeping patterns, dreams, or nightmares.

Socially, some people may not want to be around people, while on the other hand, some may want to be surrounded by those they love.

It is said that there are five stages of grief, occurring in the following order:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

WAYS FRIENDSHIPS POSITIVELY IMPACT OUR LIVES

- Friendships are there for (emotional) support and motivation
- Having people you trust to critique your thoughts and opinions
- Friendship and relationships bring joy to one’s life
- It is good for physical and emotional health
- Friendships result in a variety of experiences
- My dog can’t be the only one that helps me get through my problems
- Humans cannot function properly without human interaction



THE IMPORTANCE OF HOPE

- Motivates us to pursue an end result when there is nothing left to push us
- Keeps us going for something that we want to achieve
- Helps you believe in something that you think is impossible to reach
- Helps us believe that we can get through a tough situation
- Gives the feeling of confidence that what you desire will come true
- Helps a person trust in themselves that something good will happen to them
- Hope deals with negative thoughts
- Hope can spread from person to person
- Hope can bring positivity into your life



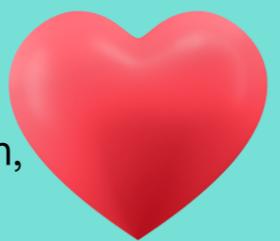
THE IMPORTANCE OF FORGIVENESS

- Forgiveness helps us grow from past experiences
- Not forgiving may lead to more harm to yourself and others
- Helps to increase our self-esteem
- Helps to relieve anxiety, stress, and anger
- Forgiveness is a process and practicing it can lead to reconciliation



The Significance of Passion

- Without passion, there is no motivation. Without motivation, people start questioning what there is to live for
- With passion, you look forward to whatever you are passionate about
- Passion keeps you moving onward from hurdles in life.
- Showing passion can inspire others to become passionate about your type of work.
- If a person is passionate enough, they will go the distance for that passion.
- Passion can lead to innovation which furthers humanity.



Sources:

- <https://au.reachout.com/articles/working-through-grief>
- <https://www.usurnsonline.com/grief-loss/types-of-grief/>
- <https://au.reachout.com/articles/common-reactions-to-death>
- <https://www.psychologytoday.com/ca/blog/the-truisms-wellness/201702/the-ways-we-grieve>
- <https://medium.com/nobody-left-out/theres-always-room-for-hope-fac42ddd0285>
- <https://magazine.jhsph.edu/2020/reality-and-hope>
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692>
- https://www.goodreads.com/author/show/6485178.Fredrik_Backman
- <https://www.goodreads.com/book/show/49127718-anxious-people>
- <https://www.publishersweekly.com/pw/by-topic/authors/profiles/article/83761-people-are-strange.html>
- <https://cdn0.iconfinder.com/data/icons/human-man-action-emotion/226/human-action-003-512.png>
- https://en.wikipedia.org/wiki/Fredrik_Backman
- https://gallery.yopriceville.com/Free-Clipart-Pictures/Hearts-PNG/Classic_Red_Heart_PNG_Clipart#YlW9XGhKjll