## Zoë Blue Heshof | Panic disorder & anxiety

I have lived with panic attacks since I was eight years old. For a long time, I struggled to understand what was happening to me and doubted whether my struggles were "serious enough" to ask for help. During lectures and exams, anxiety and overstimulation often made it difficult to focus, think clearly, or even stay in the room. What changed everything for me was discovering that support and facilities existed, and that asking for help was allowed. In a quieter environment, I could finally focus properly. This did not only change my stress levels; it also increased my grades significantly. The problem was never that I was incapable. I simply needed an environment where my mind could function properly. Receiving support also gave my self-esteem a huge lift.

**Studying with a disability**

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