



Canadian Mental
Health Association
New Brunswick
Mental health for all

Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous

“We are not the thoughts that can preoccupy our minds”



*A Day in
Her Shoes*



Cathy Donaldson

**Author, Writer, Traveller &
Mental Health Supporter**

“Feelings of sadness, hopelessness, anger, or irritability might pop up daily or nearly daily for no apparent reason, making it tough to work, sleep, study, eat, and generally enjoy life. When those feelings hang around and become difficult to control, they may be the result of a more serious situation: an anxiety disorder, depression, or both... There’s no one solution to my anxiety issues, I’ve resolved, but rather a myriad of good measures I can take to cope and be more resilient.

Cathy Donaldson is originally from Cape Breton, now living in Moncton with her two daughters and husband. She is a former newspaper reporter who now works as a communications consultant and travel writer. Cathy has contributed to numerous publications in Canada and the US including the Boston Globe and the Halifax Chronicle Herald and is a member of the Professional Writers Association of Canada, the Writer’s Federation of New Brunswick, and the Travel Media Association of Canada. In 2017, Cathy self-published a memoir, “Caging the Anxiety Monster” in which she describes how anxiety and depression upended her world, led her to the psychiatric ward, and ultimately forced her to discover ways – and create some of her own – to confine her “anxiety monster” and keep the fiend under lock and key.