

I just want to live

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The thought of suicide still plagues my mind on a regular basis. I thought it would change immediately when I started to take meds or at least do most of the heavy lifting, but in reality medication can only do so much work. For more than two years now I've taken a closer look into my depression and anxiety and trying to fix it; found what I hate about myself and why and how to fix it. Two years into that and I still hate myself. There is never a quick fix to mental health no matter how hard you look for one. But being involved in the process of self evaluation and seeing how

much of a problem my depression and anxiety are just fuels me to try and get rid of it. I know it will be intense to break the cycle of self hate that I wrapped myself in for years, I know it will take time to change who I don't want to be. But I'm willing to take that step, I'm ready to make a change for the better. It would be naive of me to think it would go away in a flash, but regardless I'll keep pushing forward. Writing is a strong outlet for me and whenever I feel I'm getting into a depressed mindset I tend to write about it. Something that could help anyone listening to this is just to write what you're feeling, no matter how negative or hate

filled, express yourself. You don't have to share with anyone and personally I wouldn't but if you feel that sharing would be a healthy way to cope with your feelings then that is a perfect way to express yourself. I know how daunting of a feeling mental health challenges have, I know how much you wish you could just hide away and just hope it goes away with time. It won't. Try to find something to help, whether that's a new hobby or an old hobby, a new friend or an old friend, whatever can help bring you true happiness will help you conquer yourself, keep pushing.