

I've never been the greatest when it comes down to talking to others about serious matters that occur in my personal life. I always try to avoid it and 'save it for later' because let's be honest; nobody likes to come face to face with the reality that is happening right in front of them - let alone confrontation. That's why we keep things to ourselves and bottle things inside, even if we know that it's not good for our mental health. So here's to my confrontation and message to anyone who is stuck.

Growing up, I've had a fairly normal childhood; a stable family with a nice roof over our heads with a golden retriever pup who soon grew up with my brother and I. Things had been fine until halfway through my 6th grade year when my father came home different than usual after his nightly shift. He collapsed on the floor shaking and soon enough, flashing red and blue lights surrounded my house with strangers pouring inside. Ever since that day, things haven't been the same as stress clinged onto the air for the following years. It's hard to look back on that day and talk about it because that is the day when my life changed. It has gotten better slowly but the memory still lives deep within, with different things sparking that trigger.

From my journey in life after 16 years, one of the biggest lessons I have learned is to not keep things inside because it will just eat you up. After my father's incident, I've kept to myself, even through horrible relationships, because I thought that people were not ready to hear my thoughts - especially coming from someone my age who had experienced so much pain already. I've dealt with anxiety and depression for a couple of years without saying anything and that only made things worse for me and the people surrounding me as there was this distance that kept growing and growing. But, after I started therapy to become more self-sufficient and open, it's allowed me to break free from my own head and take a sigh of relief I never thought I would be experiencing.

As Rae Smith once remarked, "Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all along." There are terrible and beautiful things that happen in our lives and it happens to everyone - hence why we say that we all have our ups and downs. We shouldn't be afraid of ourselves, let alone our feelings and what they can cause in a reality we want to avoid. It's all about baby steps when dealing with our mental health because even when these tiny steps seem pointless, they go a long way into our priorities.