

Nikki

I had no idea it wasn't normal to feel incredibly happy and capable and excited for life one moment and then not have the will or desire to function the next day. I didn't know it wasn't normal to have emotional outbursts because I felt so misunderstood and alone. I was very loudly crying out for help, but nobody understood those cries. I went about my days with a smile on my face and sometimes I meant it and other days I was barely surviving. I didn't have a clue how to tell anyone what I was going through, or how to ask for help. How do you ask for help, when you can't even describe the emotional rollercoaster within you? It's something, today, after two full years of incorporating the right well-being network, I am so grateful and happy to just know I am completely capable of managing my mental health, validating my own feelings, and recognizing when I need to put in more effort.