



A MAGAZINE ON MENTAL HEALTH

Mayó

Reordering suicidal psyches into unfazed co-dependent living.

...As soon as the sun rises,

pouring down its scorching heat, the flower withers, its petals wilt and right there, the beautiful face is a barren stem. That's a picture of the prosperous life at the point of admiration, till it fades to nothing. Have a reason to stay not because of where you stand but because of who you are.

STAY

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Be brave and step

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I am my own reckoning
'Stay' by Patrick ofusu

Uncut

Recovery & Rejuvenation into the unfazed Reality.

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Issue no: 3, 'Stay'.

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Editor's Note

For as many without the leverage, background, dexterity, poise, advantage and everything else embraced and appreciated by the world, how else do we thrive apart from the chaos of this magnified criterion of worldly perfection?

Amidst all of the sentimental need to be fit, we left to recall to an atmosphere of faith and believing that keeps us grounded on our feet and strayed from the pressures of the status quo static state of mind.

Being forever Indebted to the brutality of life's tutelage, one thing is assured; staying power is omitted from worldly culture, and we need that, we all do, with not one being exempt.

When all else fails; Love remains.

This issue brings to bare direction, this overall ultimatum - We are nothing without love.

Feelings of shame and thoughts of being nonexistent, paramount in the daily lives of a majority of the world's populace, proves the urge to stay and linger upon a world that's insecure and undetermined, unsafe and uncertain - the very bravest aspect of human living. And no matter the magnitude of planning and preparation, we never are able tell what tomorrow will become. This issue fills our hearts and minds with content that urges us on with less reasoning and more believing to sit still, awake and at ease to a tomorrow that's trusted with the very hopeful best, a peace-filled self and an expected heroic end.

Stay still.

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MEET THE CREW



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Tomisin Dabiri
Katrina Dobson

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Donald Ugochukwu
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Say Whatever, However

We would love to share with you a part of our struggles and pain to give you astonishing hope to remain. We have our lines and hearts open up to you to be a part of our faith-filled community support of individuals fighting through Mental Health Concerns across the world.

We Got You Always and Forever

You can simply join our support channel either of the following ways;

1. Fill in the free therapy support pop-up form through website (mayomagazine.com)
2. OR Send an email to the address; therapy@mayomagazine.com indicating interest and you would be communicated to shortly.

Love Never Gives Up

In loving you immeasurably; our heart cry beats deeply to see you through and into stability. Gain support; Be a part of the body that lives to love you.

cutt.ly/freetherapy

I Am My Own Reckoning

By Sukanya Menon





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"Suffering is a part and parcel of life, without which no appreciation can be cherished. One needs to lose in order to truly gain, and one needs to be lost in order to truly find their way back."

When I look back to the events that triggered my mental instability, I am reminded of one in particular – loss; the unexpected train of death that ran over me as I lay oblivious on the tracks of carefree innocence, the same metaphorical train that crushed my spirit and left me gasping for meaning.

It took the untimely demise of a mortal body to wake me up to the harsh realities of our meagre existence. What are we if not for a mere set of bones wound tightly by the skin and nourished by blood? I was suddenly aware of the fleeting but passionate affair that was life itself and the bubble of ignorance that our collective consciousness harbored. Life wasn't simple any longer because

there was something missing and, surely, it was the will to live.

A sense of pointlessness started to creep in on the day's schedule, deftly climbing to a peak of imaginable pain. My chest hung heavy all day and I felt as though I were Sisyphus himself, only instead of holding the boulder, I was crushed beneath it. I began viewing the world through a black-white lens, suffering had become my sole and toxic companion.

I found myself looking above more than looking ahead. I searched for answers without understanding the question, hungrily chasing after the WHY's without stopping to contemplate over the why-nots.

I Am My Own Reckoning
by Sukanya Menon

"The will to live amidst"

I grieved and then grieved some more, but the void only grew into an impenetrable fortress laid thick and bare by the lofty foundations of reality. I wondered if going on in such poor terms was worthwhile, or if the stress was healthy, but something held me back, maybe a realization that I did not wish for my family (particularly my loving and caring mother) to experience a similar, dark episode of loss, especially one that was intentionally provoked.

Meanwhile, time worked its magical fingers to take the sting out of the pain I experienced from having, out of the blue, lost a loved one. It has been five long years hence, and though the mental shock and wound has healed, it has undoubtedly left an ugly scar.

"Staying Still"

To this day, I feel the vibrations of the tragic accident that was to turn my life upside down. I see it in my inability to fully commit to another soul and I see it in the empty outlook I hold on life. It is more so evident from my failure to accurately express to another, the deep-seated emotions that drive me.

I shy from confrontations and incessantly lose sleep over trivial matters. I even struggle with the clutches of our ordinary and insignificant existence, but one thing is certainly different - the choice to take my own life in the bargain has lifted itself from my injured psyche.

To this pleasure, I owe my thanks to Mother Nature herself. Sadness no doubt persists in the world, but it was ultimately the ceaseless wonders that brought about a change in heart. I found myself in the immense uncertainty of life, in between the answers yet to be discovered.

I found stability in the unstable notes of music. I was finally able to move past the WHY's to the WOW's. I realise now that it's truly a privilege to be alive and breathing, to be able to feel deeply and observe profoundly.

To let go of this subtle string (my body) that binds me to numerous energies, felt almost... grim to the point of the nonsensical. Instead, I chose to treasure every breath.

Suffering is a part and parcel of life, without which no appreciation can be cherished. One needs to lose in order to truly gain, and one needs to be lost in order to truly find their way back.

These mild inconveniences, the inconsequential curve balls that life throws at us is merely to strengthen our footing, and by enduring the suffering, one finds true meaning in living.

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Zephaniah 3:17

With His love, He will calm all your fears.

Leaning Towards The Staying Power

With Orode Uduaghan

Orode is the one inspirational figure, who's dedicated her life to giving hope to those hurting healthwise; both soulfully and physically, combining her forte with the power of faith. With a little chat with Mayó, Orode discusses the power that comes with choice and its ability to impact one's life for the better. She additionally opens up about her relationship with God and His potent healing effect on a person's mental health.

The Staying Power with
ORODE UDUAGHAN

"Stability isn't being unshaken, rather it comes from the experience of having known God personally in diverse ways through your journey."

By Olufunke Omasan. Edited by Jessica Lolonga Satchi.

Your journey and experiences have turned out to be flat out inspirational to a lot of folks. But what moment became the inception for you; ticking off your life's current focus, or when in exact would you say was your defining moment...

I grew up in a very focused environment. My parents were particular about raising kids that brought value to their world. From academics to social life, it was all clearly defined. Even when I do go off the trail, I remember that I am created for something, and that thing has to be established.

I've had a few of those defining moments. I can't exactly say it's just been one.

But in my journey, I realize that I hit brick walls sometimes, and those moments become new defining moments for me where I get to take a step back and re-strategize and continue on my journey.

However, a recent defining moment would be turning 30; it brought a whole new perspective to life.

I had to tell myself my life's experience must be clear and structured for the next ten years.

I want to look back on my 40th birthday and be able to measure and quantify how much of my life was impactful in every area.

From family to work, relationships, and community. I understand that at every moment of the day, I am accountable to God.

How much of your childhood years do you think formed and still is perhaps, a formative backdrop of the kind of reality you eventually evolved into. And how much of wisdom do you think world systems and families particularly, can utilise, in raising kids to become better prepared and strengthened in facing whatever life could bring.

A lot of my upbringing still shapes how I respond to my environment, some things I have outgrown and seen from a different perspective than my parents did. But to a large extent, my childhood environment has had an impact in my world.

I developed my own values as an adult, but a lot of these new values were built on the solid foundations my parents graciously instilled in me. I can do some things in my life today because of my childhood experiences.

My parents raised extremely independent children.

"Every human has a choice to be A or B, and with shaping our mindset, this is the number one factor that comes into play. Do you want to be better? Or do you want to stay as you are? Progress begins when we make choices."

I learned to do many things for myself from a young age, partly because I was the only child for a while, and my parents worked. But also because my mum was very particular about raising a daughter who could stand on her own. She still holds those values to this day. I grew up watching my mum work and fend for herself and our family alongside my father; I grew up knowing and understanding that a woman's place is not just in some kitchen - I watched my parents run a family partnership.

Everyone brought their strengths to the table, and my mum's voice was very much valued. These things have shaped the woman I am today. I have two children of my own, and I know for a fact that you cannot raise a human

without some strong foundational family values. I raise my children, remembering two things; one, mummy is not always going to be there, so you have to learn to be independent and go on life's journey with God and the words I say to you. Two, you and mummy are very different people, so you have to learn to be your own individual. These are two of the valuable lessons I teach my children, and I know that these lessons are shaping them and giving them the tools they need to face the world tomorrow. We need to be intentional about the wisdom and environment our children are raised in.

You are a product of the world, God gave humanity a choice when he planted two trees in the middle of Eden's garden and told them not to touch it. It doesn't make sense that God knew this tree should not be touched, and yet He planted it- right there, in the middle of this garden where Adam and Eve lived. But this is what God was establishing- CHOICE.

Every human has a choice to be A or B, and with shaping our mindset, this is the number one factor that comes into play. Do you want to be better? Or do you want to stay as you are? Progress begins when we make choices.

No one was born with a negative mindset. Every thought, emotion, mindset, the belief was put there by something or someone. Your negative experiences or thoughts were put there by something or someone, or probably a series of events.

And If these negative emotions and ideas didn't originate when you came into the world, but developed as an outcome of something, then you can change it. It goes back to being a matter of choice! The real question is, do you want to? Nothing is permanent- no emotion, no idea, no thought is stagnant. It either gets better or gets worse. It is up to the individual to choose to tilt that emotion to the positive end or the negative end.

For me, I learned very quickly how to make my choices and define my outcomes.

Everybody is responsible for themselves. You are responsible for your behaviors and actions. You might not always control the thoughts that come into your head, but you are always in control of how you react or respond to them.

My growing relationship with God has taught me a lot. The Holy Spirit is a counselor, and one thing He teaches you is the importance of choices.

When you are faced with deciding either to act on a thought or something else, the Holy Spirit does not force you to take His counsel. He makes suggestions, but ultimately, the choice is still yours. Here is where it gets interesting; When you refuse to accept His wisdom, it always ends up with a consequence. And when this happens often, you learn to make better choices and follow His wisdom. Stability comes from experience. When you experience God in His diverse ways, it makes it easier for you to stay stable in your faith. This does not mean you won't shake here and there. But it is easier to remember who God is through your journey because you've built that relationship with him.

There's a section in your book, M.I.N.D where you explain illustratively; how much of our mental configuration alters our physical representations and reality. Which is really great, because there seems to be a lot of conversations around these days on the essence of keeping our minds positively in check to get better outputs off our lives and all. But for a fact, how honestly do you think people can actually, in true accuracy, alter their mental perceptions of life to positivity, regardless of situations they go through, because a lot of things are easier said than done, but what's that one factor that has helped you in learning to remain static in faith amidst pain.

So I am a big fan of the word "CHOICE." Until you become an adult

and can choose to do right even in wrong settings, you have little or no choice as a child, and you are primarily shaped by what is in front of you.

This is why the scriptures say, "Train up a child in the way he should go, and when he is old, he will not depart from it.

What's it like to be vulnerable out there unashamed? And how did you get so bold in speaking up on your struggles and pain, without fear of what people might say or not say?

I am learning to be dead to self and be more concerned about what God thinks of me. He is the originator of my identity and indeed the only one who has a say. Sharing my journey and being unashamed comes from my obedience to God. I am nothing but a vessel through which He pours out His love and kindness to the world. I learned that He and only He should shape my entire world. When you get to that place in your walk with God, you can overlook what people might say or think. I am deaf to the world's view of me.

I hear things here and there, and yes, it might hurt- but I am numb to it. What God says and thinks is final for me. In the end, we all die- and the only one who matters at that point is God.

It's admirable that you've tried to make all of your life's movement, projects and causes less about you, your ability

or even background, and more of who God is, and can do through people. What would you say motivates your very core to put out God to this extent, with this much intensity. What's your driving force in becoming this affined with GOD.

What He has done for me and who He is to me. Everyone has to truly experience God. Not the version we have been selling. Not this stick shifting, unapproachable version - who is only interested in destroying witches. NO! the God who is a Father.

A loving, selfless, approachable, patient, understanding, caring, beautiful, kind, faithful, consistent, compassionate GOD. He doesn't wait for you to come to Him, He comes after you- with His arms open wide asking you to come into His safety and security. The God whose wisdom established the earth, whose words shape our very existence, whose breath gives us life. When you experience God, for who He truly is, it is almost impossible to be quiet about it.

What's your daily soul-feeding routine? And how best do you think we humans can stay soulfully fit at almost all times?

I am still learning to have a soul-filling routine. But every day, I take short moments here and there and breathe. I have a tight schedule, but in between work, kids, home, and other things, I try to take pocket moments to breathe. I wouldn't call it meditation- but just

breathable moments. But I make sure I pause in between my days to hear what God is saying. Sometimes it's taking 5 minutes alone in, and hiding in the bathroom or something. But moments where everything around you is silent, and you can inhale and exhale. Honestly, I'd say find out what works best for you. I can't prescribe it because everybody's reality is different. So having routines will depend on your current reality. But I know one thing that is constant the presence of the Holy Spirit. He stays with you 24/7. As long as you give Him an audience, the Holy Spirit is always there. He helps you still the noise out.

What would be your expert advice to a precious heart hurting right now, faced with depression, suicidal tendencies, or any mental health crisis whatsoever. How can they find and really receive help?

Everything will be fine. I have two things to say; First God is right there with you- you might not see Him, or feel Him. But He is right there with you. He always has been and He always will be.

Secondly, there are so many good counselors and therapists out there who are willing to hold your hands and walk with you. I and my team at the Pink Pearl Foundation are also there to help people on their healing journey.



An Inside Journey Through Anorexia

With Katrina Dobson



"The most dangerous illnesses are those that bring us the feeling of wellness"

Coming across your journey with anorexia has been intriguing, but what moment would you say triggered that situation in your life, or when were you first diagnosed with having an eating disorder.

I was diagnosed with anorexia nervosa aged 16. I think that the internal pressure I placed on myself during GCSE's contributed to me developing an eating disorder. When I restricted my daily dietary intake, I felt in control.

What was the healing process like for you, what mental and physical procedures did you think you necessarily had to undergo?

Mental: Therapy was crucial to my recovery from anorexia. I felt that the family therapy that I received at the Cheshire and Merseyside Adolescent Eating Disorder Service (CHEDS) was the most beneficial towards my recovery.

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These sessions allowed my family and I to understand how anorexia affects each of us and how to overcome it together. It made my family understand my battle with anorexia more and reminded me that they were trying their best to help me.

Through CHEDS, I was able to meet other people recovering from an eating disorder, this was very helpful because it made me feel less alone and we were able to help each other through our recovery, each being able to understand each other, having similar experiences. Taking my prescribed medication helped me to mentally recover from anorexia.

The medication along with therapy helped me to silence the voices more and thus lower their control over me. By taking Sertraline, an antidepressant, the anxiety and depression that came along with anorexia reduced. At first, the sleeping pill; Melatonin, allowed me to sleep and stop the nightmares. The voices were so strong. By naming the voice 'A', I was able to separate the voice from myself, recognising that it was not

a part of me.

Physical: I'd always wanted to feel free, because I either felt I was always upsetting 'A' or my family.

During recovery, it was crucial for me to avoid looking at nutritional information as this was a trigger for me.

I found it hard to meet personal goals when suffering from anorexia, so by having motivation from exciting things to look forward to, this helped my recovery. In order to meet my goals, I knew that I had to recover to achieve them.

Researching for a College project on 'How Starvation Affects Brain Function' helped me to understand why it is important to not restrict calorie intake.

Seeing this with my own eyes was significant in my recovery. When I regained weight, my sleeping, energy and mood improved.

Looking back on my journey, I recall feeling good about what I was doing, that the self starvation was in itself

healthy'. I was convinced that it would help me in every way and I sure didn't believe that anything was wrong with me. But after having a call from Child and Adolescent Mental Health Services (CAMHS) stating that I was at risk of heart failure, I then realised that this 'wasn't healthy.

I couldn't leave the hospital till I regained some amount of weight and was told that if that didn't happen, I would be treated as an inpatient, which was motivation in itself. To ensure that I wasn't burning too much energy, I wasn't allowed to do any exercise (including standing, walking) other than when attending classes.

For you, what would you say is the most paramount or instant trigger towards anorexia? And what was your most memorable or most intense moment with anorexia? Any which you could share.

For me, the most significant trigger towards anorexia was experiencing high levels of stress. It is difficult to say of one moment in particular that was the most intense, but at the start of my recovery, I found it very difficult to follow my meal plan. This plan included foods that I had avoided along with 3 meals and snacks a day.

It was a big step to make. Along with this, the voices made me believe I needed to go all anorexia to get through the day, which made me feel beneath worth. Concentrating on food and what I needed to eat next was easier than thinking of everything else going on around me. I found it hard to maintain relationships as a result of this, so social activity was inevitably avoided.

What's it like to be unashamed in speaking on your struggles and what you've been through, and how was the reception from friends and family?

There is absolutely nothing to be ashamed of. I wanted to show support to people and show people that even though they feel alone, that they aren't. There are thousands of people who are all in the same battle, you can beat it and recover. You are not alone. My family were extremely supportive throughout my recovery and attended therapy sessions with me.

What's the next phase gonna look like for you? Do you plan on helping others rise from what you've overcome or will there be any movements in that direction in prospects to come...

I'm actively hoping to volunteer in helping people battling an eating disorder. I want to prove to people that they aren't alone and that they can not only recover but thrive.

Somedays are for the Sadness

Ada Attah

Some days the sun smiles and my skies sing.

Other days I do not know what a song is.

One would assume that by now, I am an alchemist of the sadness; somehow able to turn the sorrow into song, the silence into strength, but even language is now a weak thing on my tongue.

There are no words, so today I will sit still;

let the sky open and close, without my witnessing.

Let the sadness undress me, spread itself all over my body,

leave me shaking and cold, set me on fire, burn me alive,

break my body in two halves;

one part sweat, the other tears.

forming a confluence big enough for my drowning.

Only I am not a thing that dies easy,

even after all that has tried to kill me,

I find myself alive and in love with life.

I am indeed that alchemist;

some days are for the sadness and fighting it is a worthy war.

Tomorrow is a long arm of hope reaching to hold me.

Tomorrow is a joy, I'd live to touch.

Somedays are for the Sadness.

Ada Attah

@dear_ada

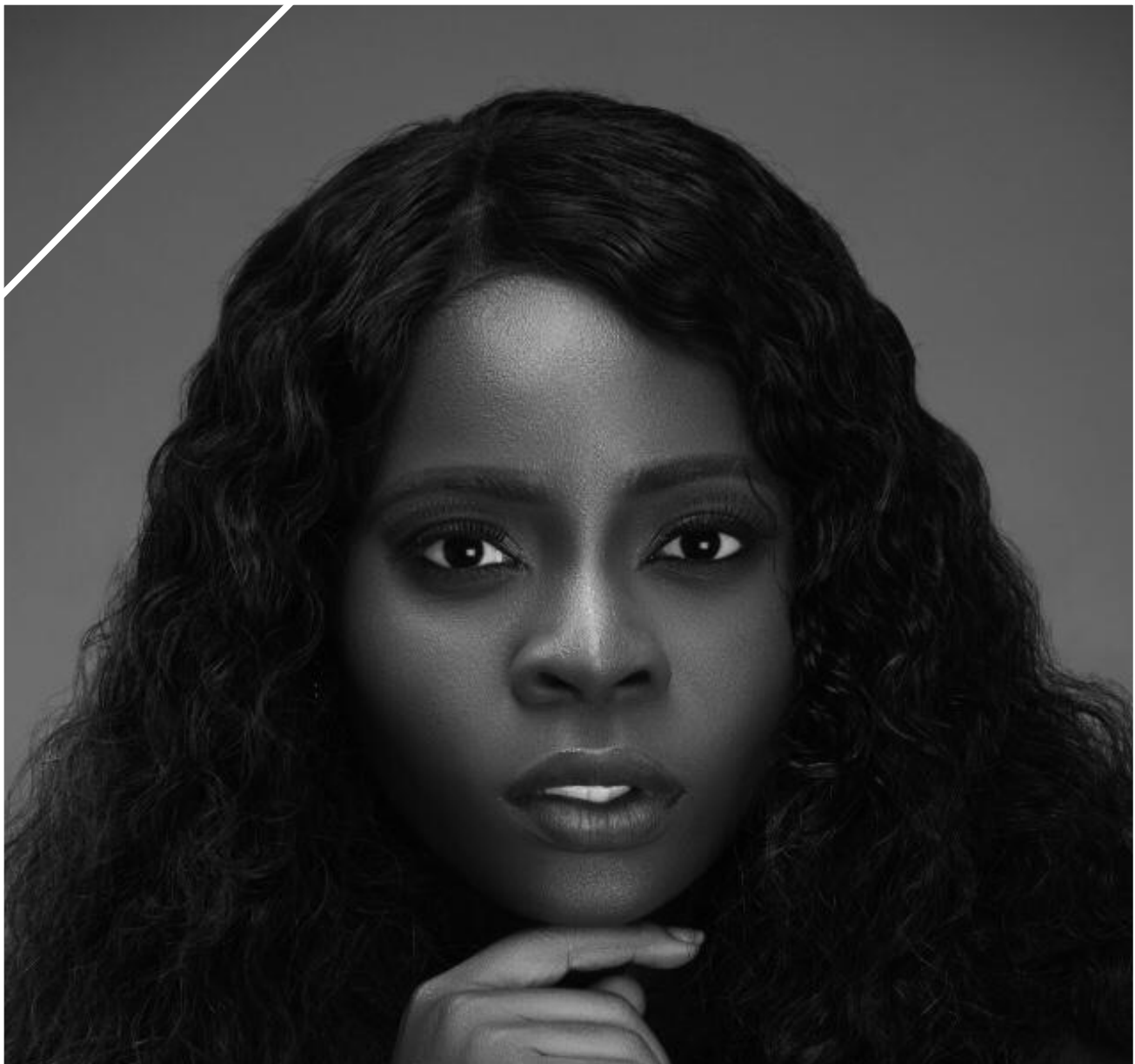
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'Stay'

Patrick Ofofu

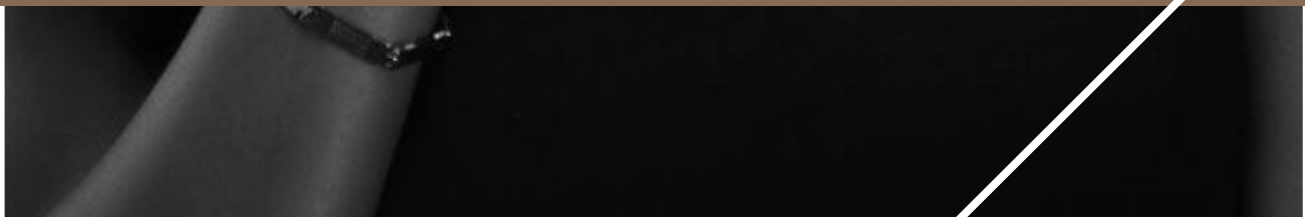
Life flutters by like the flapping wings of a raven.
 The raven caws in the morning, an alarm to wake up yawning.
 The eyes see the white clouds in the blue sky.
 The ears hear the invisible whispers of the green trees.
 The wind brushes the skin from the open window.
 Life constants, the continuum of moving nuances.
 Senses from joyous awakening, bringing in a new day of flowing.
 Swimming thoughts, surfing the waves.
 Quaking, crashing to the bay. The history of regrets. The future of worries.
 Tug of war, staying in a flux, of no hurry. Thy joy evaporates. Thy misery emanates.
 Shuffling mood to darkness. Drunk, drowning and dropping to the bottom of the ocean.
 Seeding, the root feeds the stem bearing fruit of poison.
 Generational trauma to the surface of the living. Rippling miles of the tide.
 Introspection to inspection. The ripples in the rise and fall.
 The dot of light lingers, to try and swim up, again and again.
 To pull thee over the silver lining.
 From the abyss, the seductive temptations, tribulations, strangles to a mental and
 emotional prison.
 Illnesses cause to bake in thy living. This is life. The meandering strife. A giant Goliath.
 Catapult with David's stone and hit the dome to Goliath's throne.
 In this walking living, an opportunity to heal. Breathing in this livity. A strive to thrive.
 The demons cry a wolf howling thee down. Stamp and stay thy ground. Thy prayer to life.
 Thy momentum to espouse. Dependents on thy breathing success. Stay and digress.

Epytion | Expressions



Tomi; Tactful & Tenacious In Helping Others Live The Triumphant Life...

...goes deep with us on her career diversion into therapy, and gives a little back-drop on the level of intimacy and pain in cases encountered.



03

"People just want to talk. In most cases, that's all they want. They know what to do most times, they know the steps to take, but they just really need someone to listen to them and allow them let it all out without the fear of being judged."



Give a brief on how you got into counselling for a start, what specifically kicked off your interest in Mental Health?

I really can't say "this" or "that's" the exact thing that kicked off my interest in counseling. I'd always say, I found myself counseling before I even knew what I was doing. It was some sort of "calling". And about 3 months after I realized this, I started taking courses in Mental Health, began reaching out to more people and became very deliberate about it.

You have a book published on getting over a sexual addiction. What do you think most propelled that work, and how's the reception been so far?

It was a random day, you know, counseling and it hit me. I was always getting direct messages from people

to help them overcome their addiction to masturbation. At some point, that was the only type of case I was getting. I'd admit, it got tiring having to say the same thing to a lot of people. So I thought to myself, "how about I compile all I'd have told them and helped them with into an ebook?" So whenever I got a new client, I'd refer them to the book. It was a handbook that contained all of what the counseling will entail. So far, the reception has been satisfactory. Masturbation isn't still something people like to open up about, but we don't give up here. Lol.

What's your most paramount Mental Health struggle experienced?

I battled with depression during my mid-teens. As at then, I didn't even know what it was.

I just wasn't happy about life anymore. I was sleeping a lot, not talking to people, contemplating suicide at some point.

All of the pains I'd gone through came crashing down during that period. Having to deal with sexual abuse and my parents separation. I couldn't communicate this with my family because we really weren't that close. I got help from church family and an acquaintance who is a therapist.

What are your vulnerable parts? Your most basic weakness, things you might have formally or still termed 'imperfections' that have invariably come out to be your strongest core?

Hmmm...this is a deep one. I strongly feel I can help everybody. I have this really soft spot for people and trust easily. This has caused me some setbacks and in all honesty, I can't help everyone. I have however allowed this propel me into being a better person. I don't give up on people easily. No matter how bad a person has gotten, I always see the good in them. This has helped me be a better counselor and also helped me build stronger relationships with people.

You've had really private experiences with people you've walked through during counselling, and I know there's a whole lot you can't really share, but from what you've seen with these people, how expansive is the whole

backdrop of pain in which people go through that's unseen to the public.

People just want to talk. In most cases, that's all they want. They know what to do most times, they know the steps to take, but they just really need someone to listen to them and allow them let it all out without the fear of being judged and to remind them that someone out there is rooting for them.

Generally speaking, do you think much attention is given by a lot of people to their emotive and mental health state and if this isn't in place, why do you think so? and how possibly can we all incorporate this actively to our daily lives.

I don't think a lot of people have embraced emotional intelligence and mental health in all of its entirety yet. However, that is rapidly changing. I'm positive that in a few years to come, there would've been a massive change in people's perception to their emotive and mental health state. Thanks to a lot of organizations coming up, I believe we can work on actively sensitizing people into embracing mental health awareness. Few years back, HIV was an enigma no one dared to talk about, but today, people know better and the stigma has significantly decreased. We can do same with mental health.

What's it like to be a voice for impact in your own way. How do you contain any ill pressure, and how do you maintain focus on responsibility from start to finish?

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It is beautiful believe me. I feel at peace. I'm happy I found this calling. And when the testimonies come in, sometimes I am moved to tears. Beyond what people think, it is really not about me. The words I say during counseling are all divinely inspired. That's why I get results.

People have called me out saying all sort of vile things about me and the work I do. Sometimes it hurts, but most times, I look at the lives that I have positively impacted and I'm reminded of why I do what I do. I'd go through a million insults to get one person to be a better version of themselves.

Prayer helps me focus, and at the end of the day, it's not about me. It's about lives. And the Holy Spirit always comes through for me.

What's your daily soul-feeding routine?
How best can we humans stay soulfully fit at almost all times?

I meditate as often as I can, I incorporate yoga as well. Right before the pandemic, I was actively involved in physical activities at the gym and dance at the studio. Gospel music however does it for me. We all should dimension a routine that works best for us and gives you that sense of fulfillment. I wrote an article on relaxation techniques on my website: Yeyetomisin.com you can check it out.



Eating Habits to Promote Mental Health



1. Go large on Breakfast

Missing breakfast can cause erratic blood sugar levels, which causes irritability, fatigue and brain fog. It can even cause your brain to produce excess cortisol, leading to the feeling of stress & anxiety.

2. Go intense on Vegetables

Research shows that the frequency of fruit and vegetables intake was associated with higher mental well-being and this fact was slightly stronger for vegetables than fruit.

3. Go major on Proteins

Switch your majors from carbs or anything else to proteins, you necessarily might have to pay more attention to proportions, but let healthier options take the largest chunk of your plate. Proteins have been proven to create natural chemicals in the brain that aid mood and concentration and neuro-transmitters in preventing and treating depression and anxiety.





4. Go light on spices

Swap salt, MSG and the conventionals with spices set apart. Some of the best options include; garlic, ginger , sprinkle of lemon or lime, onion, cinnamon & turmeric.

5. Go occasionally on breaks

Obviously, it's important that your brain and body are able to function well in a fasted state. But at the onset of fasting,

It might prove difficult, because your body goes on a panic, recognising a change, but the brain and body actually perform better during a fast. In the case of the brain, cognitive function, learning, memory, and alertness are all increased during a fast.



02



BE BRAVE & STEP
by Rowan Taylor

YOU ARE NOT ALONE!

Inhale. One. Two. Three.

Exhale. One. Two. Three. Place foot, after foot, after foot. Be brave and ...step.

02



"Many people do suffer in silence, but many are also suffering in plain sight.

I feel that, at one point or another, I have been both. It may take more than one try and more than one shot in the dark, but taking the jump to tell someone how you are feeling, what you are experiencing and what is troubling you really is a step in the right direction. "

There are no “good guys” or “bad guys” in my own story. No one is perfect and I only see the one side of the coin; my side. We can never fully comprehend other people’s stories. I have been lucky in that I have known support and will forever be grateful to those who have offered it and those individuals know who they are. However, I have also experienced the bottomless abyss, like many.

Mental health is something that affects many of us and I want my story to shine a light on three main points:

1. I do not believe anyone should brave their struggles alone. Support is and has been essential, whether the support comes from a loved one or a qualified

professional. Opening up can be difficult but it is a step in the right direction.

2. A supportive, open, and loving environment is crucial. Often mental health issues slip through the cracks because sufferers are too shy to open up about them due to stigma, loved ones are not educated enough to identify potential red flags and shockingly, still prevalent is the erasure of mental health as a legitimate health concern.

The Ignorant, “toughen up and pull yourself together” culture (particularly amongst men) is still the attitude of many. This is something that needs to be addressed globally. No one gets off “scot free”.

Be Brave & Step

by Rowan Taylor

Many people do suffer in silence, but many are also suffering in plain sight. I feel that, at one point or another, I have been both. It may take more than one try and more than one shot in the dark, but taking the jump to tell someone how you are feeling, what you are experiencing and what is troubling you really is a step in the right direction.

Opening yourself up to love and kindness, from both yourself and from others, as well as remembering to take it one step at a time, really can be the strongest force and the most powerful weapon. You are not alone, even though sometimes it feels like you are absorbed into your own plane of existence, being sucked into the abyss.

A hand in a pink sleeve holding several pink chrysanthemum flowers. The background is white with scattered pink petals. On the right side, there are large, stylized white letters 'C', 'H', and 'K' partially visible.

#StandingUpFor SuicideSurvivors

A past decade of enormous deaths; suicide victims, a few survivors, but no further stats are required to bring us to the attention that our present state of mind will ultimately determine our lives.

A hand holding a pink flower, with a pink sleeve and scattered petals. The background is a light pink color with scattered pink petals. The text "Love Conquers" is written in white serif font, with a white horizontal line underlining the word "Conquers".

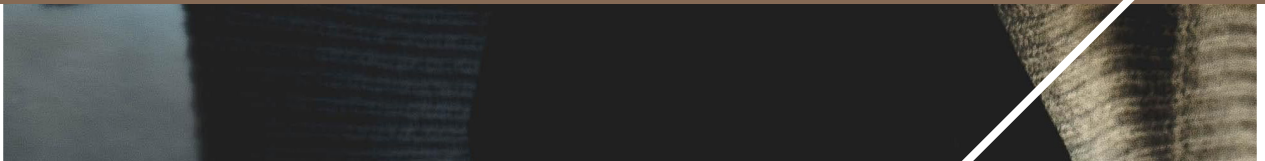
Love Conquers

Let's be a part of you.
Get support: cutt.ly/freetherapy



RECOVERY & REJUVENATION INTO AN UNFAZED REALITY

A SUICIDE SURVIVOR STORY



"Prelude"

Sometime in February 2021, early hours of the morning, Damien was rushed to the the ICU; close to the point of death, he came out still with an unexpected end of willful survival.

His God-given shot at redefinition and trust, got him in parting grounds with tears and gripping fear into a survival journey fuelled in further motivation to stay still, till finish point.

The question of life and living isn't up for debating anymore, it's rather a stern decision likened to that of an unretreating soldier ceaselessly in gear for battle ground.

Disclaimer: "This is a work of creative non-fiction. All of the events in this piece are true to the best of the survivor's memory. Names and identifying features have been altered to protect the identity, privacy and consent of certain parties.

There is, in no way any motives for misrepresentation of companies, professions or organisations mentioned herein. The following accounts are solely expressed by the survivor and carefully edited for sensitivity.

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"Despair is the devil with a name. Unlike grief, it ruminates the mind till it's in full control of your thought process and succeeding actions."

"Suicide isn't a human originated instinct, because the greatest most prevalent instinct of mankind is survival."

Mind

I always had these thoughts in my head, I owed it to the frustration of my present state. The more I ruminated over it, the more I got closer to taking the decision to get on with it.

To think that nobody could have guessed what I was going through at the time won't be totally accurate. Physically, certainly, things are evident.

People see you and what you do and you are instantly judged by perception, but mentally, I don't think anyone could have known the extent of my burden.

It's funny because I once told a friend about the decision to end my life casually.

He probably thought I wasn't being serious. But deep down I already made that decision.

05

UNCUT | A SUICIDE SURVIVOR
STORY



Career

I do a lot to survive, by survive I mean, to get cash to live on, on a daily. Keeping scores of menial jobs I had done would be saying the least. In addition to work, I always needed to do extra, just to attend to my responsibilities.

The nature of my job isn't the most reliant. I've always dreamed of setting up something of my own, in hopes to get a little more established and yield more than I presently do.

Unrest

At night I suffer from insecurity, within and externally, with an abusive dad whom I have to feed and a fiancée who's expecting our second. We don't have a home yet, but been saving all I can towards that. I really want to be 'adequate' enough for my family, but it's terrifically frightening when things you hope for seem so unattainable.

I still live with my dad while my partner stays with a family relative. I see her every day. But at night, it's hard to keep much eyes shut. I rarely get rest or sleep. It's hard to, in a mental and physical place of discomfort and fear.

Getting help wasn't my strongest suit. I never want to be a burden. I'm the kind of folk who would rather go through and get on with something independently than bothering others. I feel everyone has a baggage to deal with, my addition wouldn't be necessary.

I surely believe in work, and even if I could find help, I could, while still working on myself.

Every day I aim to be better than the previous. I'm not so materialistic and really just focused on getting my family comfortable enough.

I guess I was just hurt that I'm not in that place where I want to be just yet. Good thing is, I learnt from the little not-so-fairy-tale experience never to give up.

The Aftermath

After the incidence, trust me, everyone had a piece of advice to share.

Even those least expected, people I don't even relate so much with in the neighbourhood, on hearing my story got so supportive.

I felt tremendously loved, than the usual. There was an attitude change from my partner, she would call to check on me, literary every minute now.

I feel less pressure from her end, and more reassurement that things will evolve rightly.

Rather than box things in, we talk it out. Our relationship is more intimate.

Being giving a choice if I would do it again... No, I wouldn't.

I saw the pain my partner went through first hand. I just can't.

If she's my reason for staying?.

I'm considering her alot, before the incidence I felt a significant chunk of pressure from her end, which is really understandable given her discomfort of the situation of things.

We don't have a house to ourselves yet. and my income level is far beneath potential.

Mentally I wasn't in an environment that was edifying or emulative, living with my Dad.

Thankfully things her different now. Communication with people you trust, has the capability to bring ease to your pressure.

We had a conversation with her family on the house and and things are surely looking hopeful.

Day of the Incidence

Just being home, having had to feel the cummulation of those suicidal thoughts come to a brim where I was just pushed to get on with it.

I put a call through to a close friend who I knew would usually pop by unannounced, he lives in the neighbourhood and would usually pop by every other minute. Surprisingly he wasn't responding to his calls.

The call was intended to know where he was at the moment and ensure he wasn't anywhere within reach. I wasn't in for nobody sabotaging my plans. I just wanted to get on with it without hindrance.

So I turned off my phone.

I ingested the substance I already had on with me. I took multiple doses. I really wasn't looking back.

Some minutes in, the friend I called to check on, walked in, seeing me on the floor, he rushed out for help in panic. Shortly, I was rushed to the hospital.

At The Hospital

I was in extreme pain. Still conscious of all that was going on. I could hear the doctor ridicule my state.

Sarcastically he said I wasn't ready to die... if I was, "I would have gotten a knife and rather slit myself".

I wasn't the only suicide case at the hospital that day, but evidently with busy hospital hours and those in attendance, these establishments have no indication for facility, support or professionals for mental health related cases.

No sooner after a minute episode of treatment, dosages, and ridicule talk was I discharged. I wasn't exactly admitted, I left the same day I got there.

Recovery


The rest of my recovery took place at home. I checked by for the scan results a few days later for internal damages.

I still was unstable and physically incapacitated for days. I had to self medicate through my recovery with the rest of family and friends right beside me.

The closest I got to 'professional' counselling was the scan attendant, who had great advice which I imbibe till now; exercising, staying active and engaging only in the things that bring me the most happiness are the things which I've really helped me through at the moment.

I go out on walks every now and then, and I feel good about seeing through with these things. I'm grateful to be alive and forever static in the believe that things would turnaround for better.





By supporting Damien through your gift of any amount, we, in collaboration with our partners are able to provide Damien, shelter for his family, as well as aid to support his business alongside other suicide survivors around the world needing a footing in the society and a spur to stay still.

By making life bearable, we aim to disseminate Love as the tool to conquer Mental Health limitations in the minds of prone victims and sufferers.
By the Truth we are set free.

Thanks for being a part.
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Thank you for coping this!

Don't forget to leave your rating, suggestions, feature enquiries, collaboration and support enquiries through the addresses below. Stay still and ever blazing.

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