

## Befriend Your Depression

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They say life is like a train journey. It is a journey you take without a destination. The different phases, experiences in life are like stations where many people get onto and get off the train, viz. Some people choose to continue their journey with you; sometimes a few new people enter your life while a few chose to end their chapter in your life by getting off at the station. Depression is not just a mental illness; it is a part of you. The more you deny it and push it away; it attacks you with greater force. Befriend your depression. The cause of depression can be many, sometimes there are no reasons. The anxiety might engulf you, the suicidal thoughts might control you, but you can use your depression to your benefit even when it might seem like the worst thing has happened. Depression is not a onetime thing. It can repeat and sometimes can be in phases. Consider your depression as

the phase where you're seeing your life, the train is passing through a tunnel. The tunnel will end and there is light at it's end.

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### Biography

Sangeetha Param, 26 years of age is from Bangalore, India. She was diagnosed with Bipolar Disorder and Borderline Personality Disorder in November, 2014. Having to face a Mental Illness, she wants to use her story to spread awareness on Mental Illness and remove the stigma around it. She has 2 books published under her name titled: 'Key to Acceptance' and 'Echoes in my Attic'. She converts her Misery into a Message to share with many who fight silently inspiring people with Motivational talks on Mental Health. She has also delivered 2 TEDx talks.

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