

Recovery

IS

Possible

Christine's Journal



Mental illness
Is Real

1 in 4 people are affected by a mental health problem in any year



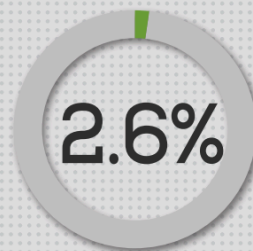
time-to-change.org.uk

#TimetoTalk

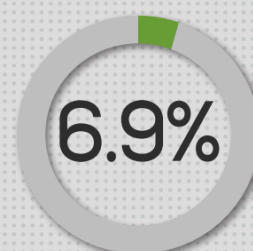
Prevalence of Mental Illness by Diagnosis



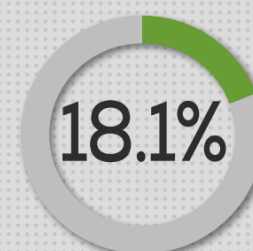
1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

SUICIDE FREQUENCY

22 PER DAY
ONE EVERY
65 MINUTES



BRYAN PERRY/JOHN

Source: Veterans Administration suicide report, February 2013

Suicide is the
10th
leading cause of death in the
US

Each year
42,773
Americans die by suicide

For every suicide
25
attempt

Suicide costs the US
\$44 Billion
annually

Who Am I

- A wife
- A mother
- A sister
- A daughter
- A peer specialist
- A LPN
- A RESPECT speaker
- **A SURVIVOR**

What Am I NOT!!!

- Crazy
- Self centered / Selfish
- Making things Up
- Controlled by “the system”

- AFRAID
- ASHAMED

My Journey

My Diagnosis

- Bi-Polar
- Manic Depression
- Borderline Personality Disorder
- Severe Anxiety
- Obsessive Compulsive

BI-polar

- When your up, your up and when your down, your down
- Frequent manic episodes
 - impulsive behaviors
 - manipulative

Manic Depression

- Isolate myself
- Internal pain
- Numb
- Don't eat / over eat
- Self mutilative behaviors
- Suicidal ideations

Borderline Personality Disorder

- Manipulative
- Impulsive behavior
- Self-harming
- Mood swings
- Depression
- Suicidal ideations

Severe Anxiety

- Racing thoughts
- Increase heart rate
- Difficulty sleeping
- Multiple physical symptoms
- Inability to concentrate
- Inability to sit still

Obsessive Compulsive

- Multiple tasks ongoing at same time
- Racing thoughts
- Inability to concentrate
- Repetitive behaviors
- Obsession with perfection

Treatments that were effective

- Intense sessions with a psychotherapist
- Dialectical Behavior Training Skills (DBT)
- Electroconvulsive stimulation treatment (ECT)
- Family Support
- Medications

SELF WILL POWER

An old man told his grandson,
"My son, there is a battle between
two wolves inside us all."

"One is Evil. It is anger, jealousy, greed,
resentment, inferiority, lies and ego.
The other is Good. It is joy, peace,
love, hope, humility, kindness,
empathy and truth."

The boy thought about it,
and asked,
"Grandfather, which wolf wins?"

The old man quietly replied,
"The one you feed."



Nothing



to

Something!!!!





Stay strong;

your story isn't over yet.