TRING TRING, the sound of my alarm. Oh, it’s already 11 in the morning. And as usual, I don’t feel like waking up. I hurriedly checked my phone. I see no messages popping up on my phone screen and it slowly turned me down. Ugh, nobody cares about me. I am feeling so depressed and I have nobody to share anything. I have a gathering with my friends after an hour but I don’t feel like going out. Nobody is interested in listening me. I stare myself at the mirror. I notice the messy hair and my sad personality. I feel low and my confidence is gradually fading away. I can sense the fear of losing everything. I panic sometimes but I feel like there is nothing I can do. I see my dirty room with lots of clutter which is probably not cleaned for weeks. Sometimes, I hardly eat anything and all of a sudden, I start over eating.

What if I start showing my depressive sides to anyone? Oh, Never. I will even lose few of my friend which I have and I will remain with nobody. I should show them that I am the happiest one and can adapt easily with them. I put on a fake smile just because I am afraid of the world to identify the real me.

Is that making me happy inside? If the answer is NO. Then, I should probably do something to change this. I should understand that my happiness matters a lot. I have my real self-identity and that’s what makes me unique of all. I should strive hard to create a better version of me. Even if I don’t feel like continuing, I will continue because I know, I am strong. I am worth it.

I will wake up early in the morning and make sure I get a good sleep every day.   
I will take care of my personal hygiene and make sure I am healthy.  
I will arrange the things at their place and make sure I feel more productive.  
I will eat healthy and make sure I experience being energized daily.

It’s ok if I feel low at times. I will share it with my closed ones or my family because I know no matter what, they will always be with me.

I know it might take time for me to recover from these regular situation. But I trust that I will get over this soon. I will just not lose hope and carry on……….