

## Amanda Keys



Amanda is a 21-year old student at Ryerson University. She is studying forensics science and aims to be a toxicologist after graduation. After classes, she always spends up to 4 hours in the library to go over notes and work on her assignments. She lives off campus and shares an apartment room with her older brother.

Amanda tries to maintain a healthy lifestyle by watching her diet and visiting the gym two to three times a week. Very rarely does she eat out as she wakes up early every morning to cook for both herself and her brother. Walking is her most common way of transportation, but when that is not possible or when she is in a rush, she takes the bus.

On the weekends, Amanda works part-time as a waitress at a restaurant near her home. She is liked by her customers and often receives around thirty-five dollars of tips per eight-hour shift. As a result of her long shifts in addition to her already rigorous daily schedule, she is not part of any school teams or clubs. Amanda is very serious about her schoolwork and often feels stressed. She is rarely able to find time to relax and tends to avoid people when her stress starts to build up. Her only means of relieving stress is talking about it to either her brother or friends but sometimes she wonders if there are any other ways of dealing with it.

## Moe Burns



Moe is a single 32-year old real-estate agent. He has been in industry for five years and is liked by most of his coworkers. He lives with his parents and 8-year old Labrador, Sally, but has plans to move out when he finds a suitable romantic partner.

Every morning, Moe starts off his day with an Americano coffee at a Starbucks five minutes away from his home. He is outgoing and has no problem starting a conversation with people he has met for the first time. He is also good with managing his money and helps his parents in paying off the bills.

On his days off work, he either spends the day resting at home while watching Netflix or goes out drinking with friends. Except for the nights he goes drinking, he always returns home before 8pm to take Sally on a twenty-minute walk around his home. Moe is very punctual and is rarely ever late, whether is be for work or a casual get-together.

On the other hand, sometimes Moe will feel very anxious and have depressing thoughts. He has a history of self-harm from when he was in high school and his early university years, but he has been feeling happier since graduating. Occasionally he reverts and has dark thoughts, but he does not consult anyone around him because he is afraid that they will start to distance themselves. He prefers to keep it to himself but sometimes he tries to look for better ways to cope.

## Derrell Williams



Derrell is 64-year old mother of two as well as a grandmother of a 3-year old boy. She lives with her daughter and son in law, along with her grandson. She was an English teacher at a public high school but retired a few years ago. Now she spends her days watching over her grandson while his parents are at work.

Every morning, Derrell is the first to wake up and starts off her day with a cup of green tea and a scoop of honey. She tries to stay healthy by taking a small walk around the neighbourhood and returning home just as the others wake up. She spends the rest of her day keeping her grandson company with cartoons, story books,

and toys.

Derrell rarely gets angry and often likes to spoil her grandson. She does not go shopping often but on days where she does, she returns home with new toys or children's clothing. When her grandson falls asleep or when she finds herself with nothing to do, she tends to think about the future. She thinks about what things will be like once her grandson grows up and no longer needs her to watch over him. At these times, Derrell often feels lonely and tries to distract herself with other thoughts.