Reflection on Clara’s Big Ride

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Clara is the true motivator to everyone. Despite her age and the dark days, she faced, she decided to take the challenge to ride across Canada and spread mental awareness. Its her determination and courage that pushed her forward and reach up-to new heights. Mental illness has many forms like depression, anxiety and suicidal thoughts. Crossing almost every of the country, this video shows brave stories from Canadians who were deeply influenced by Clara’s big ride by covering 12,000 kilometers in 110 days. This huge desire and physical demand of riding throughout Canada seems impossible and very surprising to me. She is the representative for the Bell Let's Talk due to her own experience with mental depression so this campaign initiated this program. This ride will greatly influence our future generations and discuss new ideas to reduce mental illness. More the people involved, the louder the voice. She is the light among the darkness that eliminate mental illness and earn mental wellness. We aren’t only the unlucky ones. Many people live under worse conditions than us yet they still are happy because they do not import any negative thoughts to themselves and keep on pushing themselves harder until they achieve their goals. Mental Illness is too dangerous that can kill you from inside. Never keep the thoughts and problems within oneself. It is necessary to share your thoughts with your family and friends. She is accompanied by her husband and three other team members representing that representing that no one is alone in this world. Her epic journey started from Toronto and ended in Ottawa. Also, through her campaign, she is kind of promoting physical health as well as cycling is a good exercise for physical as well as mental health. She used to smile, laugh and joke around during her tough times in the journey so she proved that laughing is a good exercise. I myself want to be like her having an adventurous life with lots of fun and challenges. I wish her good luck for the future. The whole country is proud of her and it is our promise that the whole world will be stigma free one day.

Here is an image of Bell let’s talk regarding the video:

