



Peer Perspective Newsletter – December 2018

It wasn't that long ago that my mental health symptoms clouded my life. There was no joy, no contentment, and no momentary clarity to live for. I've always considered myself blessed in many ways but, in the depth of depression and PTSD, I did not feel blessed. That's when I started forcing myself to practice gratitude as a coping skill.

Little by little I started being grateful for more and more. Eventually I became grateful to be alive. The more grateful I became, the more gratefully my mind began to work, and the brighter my world became. It is now hard for me to think in the negative because I have trained my mind to go to the positive.

Today I am thankful for my struggles and, yes, my mental illness with all of its ugliness and chaos. It is exactly these struggles that have shown me how blessed I am. It is being grateful that has allowed me moments of contentedness among the racing thoughts. Gratitude has taught me how to recognize moments of pure, fleeting joy and grab onto them and say, "Thank you God."

Instead of being bitter about all that I have lost, I am now truly thankful for the opportunity to have had something to lose. I'm blessed to have had all of the experiences I've had, especially the bad ones, because now I am able to find the beauty in the simplest of things.

Tracy – Certified Peer Specialist

The attitude that I have toward any experience is a choice. I create my reality through the lens of my perception.

~Anonymous

We are the evidence; We hold the hope.