



## Peer Perspective January 2022

I have been working hard on my mental wellness and stabilization for years. Overall, I would have to say that this is probably the healthiest I've ever been.

Some days, I still feel like screaming.

Other days, I don't understand why I was so upset that I wanted to scream.

These two types of days rarely occur next to each other. They are separated by exhaustion and insomnia, self-care and sleep, therapy sessions and venting, dog kisses and picking up poop, weeks and sometimes months.

Along the way, the overwhelm gives way to letting go and my body feels lighter, my mind relaxes, and the spinning stops. This is when I'm actually living in the moment, and it feels good.

On the screaming days I can barely remember the peacefulness of my good days. On my good days, I can easily remember the feelings of my screaming days. This realization makes me sad. It seems like it should be the other way around, but it isn't.

Perhaps I remember my screaming days when I'm at peace so that I can try to remember to take that peace with me as I transition back into the screaming days.

Maybe instead of overthinking this, I will just breathe.

- Tracy, Certified Peer Specialist