

# Getting Out of My Head



6

*"[This is my journal] ... where I go to in terms of, like, addressing, like, shame or stigma and just, like, more of a personal introspection kind of thing of just, like, maybe journaling or just, like, Google or reaching out to, like, friends... So, like, how I intentionally move through things is kinda like journaling or, like, talking to other people... Um, but, like, I don't really write as often as I probably should because I'm a big, like I have issues with internalizing things... I think [journaling] [i]s a pretty positive practice, depending on, like, how you articulate yourself. I think it also is, like, I think it can take you in either direction of just, like, is this a tool for, like, oh, I'm expressing myself in a way that, like, is healthy, or it's just, like, leading to further isolation. I think, like, either way, like, the tools that you use to help yourself can kinda, like, send you down either pathway maybe. Um, but I think something that is really grounding is, like, community, um, and just, like, talking about things... I think it's more of, like, a mental health approach of, like, the stigma, like, stigmatization of, like, mental health seeking maybe or, like, stigmatization of, like, community seeking and, like, isolation. Um, but I think of just, like, how I stigmatize asking for help maybe and, like, how, like, what my outlet is for, like, expressing shame or, like, working through shame maybe... Um, I think, like, isolation can sometimes be good for introspection, but I think it's just, like, slippery slope of, like, you snowball, and then you're kinda stuck there. I think, for me, personally, I think, like, seeking out community is really empowering, but just, like, working through anxiety or working through just, like, feeling like you care. Or, like, feeling like you're cared about and feeling like other people care about you.... But, like, having an outlet for, like, um, care, I guess, of just, like, journaling or ... art, um, or just, like, spaces that are shared among people. But I think just, like, having a form or, like, having a shared interest or a shared, like, tool for, like, expressing yourself is really powerful in order to, like, ground people in, like, empathy or, like, spirituality or, like, reality or just, like, moving away from isolation and anxiety or, like, stigma too. But I think it's just, like, powerful to have, like, an outlet and, like, kind of a creative outlet, I guess*