

#### Student #4

I truly enjoyed listening to the presenter. I was having a rough day prior to class, but after his speech and encouraging words, I felt enlightened and more positive. The speaker spoke about the hardships he went through growing up. He explained how dementia, suicide and mental health have all been factors that he's had to deal with in his life. He then told us the story of when he was put into a mental institution for trying to commit suicide himself.

Through this experience, he learned different techniques on how to deal and cope with stress and better his mental health. After this process, he knew that he wanted to share to the world what he used to improve himself for anyone else struggling with similar issues has dealt with. He created his own organization that spreads awareness about how important fitness and mental health are.

For the past 5 years I have been apart of an anti-bullying and suicide prevention organization. We hold an annual summer camp for high-school students to attend and learn about the different types of bullying, how to be an up-stander, self care, mental health awareness, etc. Therefore, the topic of mental health and the presenter's story he shared really impacted me.

One thing he spoke about was self-love. He further explained that you have to love yourself, and be ok with being alone, before becoming involved with a significant other. This is something I am still working on, but it was nice hearing it directly from the presenter because it made me feel that my feelings are valid and that I am not alone in the feelings I have.

I spoke to the presenter after class and asked if we would be able to use his posts on his website for examples at our workshops. His story was inspiring of how he went from someone who was ready to end it all, to now, someone who is helping others dig up from the dark hole they are stuck in.

Overall, I really enjoyed the topic and it inspired me that no matter how horrible we think the situation we are in is, we should keep pushing forward and that it is ok to ask for help.