

Describe the most significant challenge you have ever faced in your life. Dwell upon the steps you have taken to overcome it.

Even though the issue I am going to write about is not among the most widely discussed, I consider dealing with it and learning how to live with it to be the greatest challenge I have ever faced in my entire life. What is more, I feel that talking about it helps other people too.

So, the greatest challenge in my life is dealing with my depression. People rarely talk about depression which makes it even harder for those people who have to live with it on a daily basis. Luckily, the tendency is slowly changing nowadays, as more and more people start to open up about their struggles. Such stories help other people realize that they are not alone in this. Others also deal with this thing called depression. What is more, help is available, even though it is very difficult to ask for it.

For me, the first step to overcome my depression has been the realization that I am, in fact, depressed. I tried to convince myself that I was simply in a bad mood or that it would go away. It never did. Then, I started to get seriously worried about it. Finally, I found a therapist I could trust and began talking. I was diagnosed with depression and you know what? I was finally relieved. It helped me realize that I have this thing I need to learn how to deal with. My therapist helped me find tools with the help of which I would be able to deal with depression.

It has been a very challenging journey. Some days were better. Others were really awful. The funny thing I have learned about myself is that for me it is so much easier to tell strangers about my depression than it has been to open up to my parents and closest friends. I do not know how to explain it. Perhaps, I was afraid to disappoint or scare them. Maybe, I did not want to feel vulnerable in front of them. Yet, the next huge step I took was telling the closest people in my life what I was going through. It was a very relieving experience. I got a lot of support from them which I will be forever thankful for. Then, I decided to help other people who are dealing with depression. Having someone on your side

who has gone through the same thing is extremely important. I ma glad I can be that someone for other people. Sometimes I have bad days but now I have all necessary tools to deal with such situations.