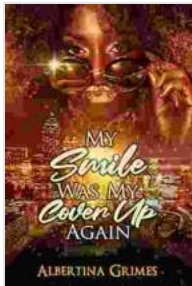


# My Smile Was My Cover Up Again



## MY SMILE WAS MY COVER-UP AGAIN by ALBERTINA GRIMES

★★★★★ 5 out of 5

Language : English  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Lending : Enabled  
File size : 4673 KB  
Screen Reader : Supported  
Print length : 58 pages



I've been struggling with mental illness for as long as I can remember. I was first diagnosed with depression when I was 13, and I've also been diagnosed with anxiety, PTSD, and an eating disorder.

For years, I hid my mental illness from the world. I was ashamed of it, and I didn't want anyone to know that I was different. I put on a brave face and pretended that everything was okay, even when it wasn't.

But my smile was just a cover up. Inside, I was dying. I was constantly struggling with suicidal thoughts, and I was self-harming. I was also struggling with an eating disorder, and I was severely underweight.

I finally reached a breaking point in 2016. I was hospitalized for suicidal ideation, and I was finally diagnosed with an eating disorder. It was the scariest time of my life, but it was also the best thing that could have happened to me.

Since then, I've been working hard to recover from my mental illness and eating disorder. It's been a long and difficult journey, but I'm finally starting to feel better. I'm no longer suicidal, and I'm no longer self-harming. I'm also eating healthy and gaining weight.

I'm still not perfect, and I still have some bad days. But I'm finally learning to accept myself for who I am. I'm no longer ashamed of my mental illness, and I'm not afraid to talk about it.

I'm sharing my story because I want to help others who are struggling with mental illness. I want them to know that they're not alone, and that there is hope.

If you're struggling with mental illness, please don't give up. There is help available, and you can recover.

### **Here are some tips for recovering from mental illness:**

- Find a therapist who you can trust and who specializes in mental illness.
- Join a support group for people with mental illness.
- Learn about your mental illness and how to manage it.
- Take medication if it is prescribed to you.
- Eat healthy and get regular exercise.
- Get enough sleep.
- Avoid alcohol and drugs.
- Be kind to yourself.

- Don't give up.

Recovery from mental illness is possible. I'm living proof of that. If you're struggling, please don't give up. There is hope.

### Image alt text and SEO title

**\*\*Image alt text:\*\*** A young woman is sitting on the floor, looking down at her hands. She is wearing a hospital gown and has a bandage on her arm.

**\*\*SEO title:\*\*** My Smile Was My Cover Up Again: A Personal Essay on Mental Illness and Recovery



## **MY SMILE WAS MY COVER-UP AGAIN** by ALBERTINA GRIMES

★★★★★ 5 out of 5

Language : English

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Lending : Enabled

File size : 4673 KB

Screen Reader : Supported

Print length : 58 pages

FREE

DOWNLOAD E-BOOK





## Confronting Empire: Eqbal Ahmad's Vision for Liberation, Decolonization, and Global Justice

Eqbal Ahmad (1933-1999) was a renowned Pakistani intellectual, activist, and scholar whose writings and activism continue to...



## How Do Cities Work? Let's Read and Find Out!

Cities are complex and fascinating places. They're home to millions of people and are constantly changing and evolving. But how do cities actually...