

MY MAD, NOT SO FAT, DIARY



It is not easy having a “mental health” problem

I say that in inverted commas as despite large numbers of the population worldwide suffering a mental health problem at some point in their life, there is still a stigma and feeling of uncomfortableness when discussing this topic...

It can be as simple as filling in an insurance form or a job application, but often companies wish for this information to be disclosed.

However, as I do not think my mental health issues impact my daily life nor have they, why do I need to disclose this information? I have a constant feeling that I am stigmatised by my mental health issues in a way that physical health problems are not. This does not sit right with me as I can do little about my mental health issues as individuals can about physical health issues, but in my experience, they are not taken as seriously and are often belittled.

I was diagnosed as a child with obsessive compulsive disorder, anxiety and as a result can suffer bouts of depression too.

The depression is triggered by events in my life versus an ongoing problem but both the anxiety and obsessive compulsive disorder are issues that are constant and with me at all time in my daily life. I describe anxiety as the feeling of falling over a cliff and as hard as you try you cannot change the outcome or the situation. My anxiety can make me feel powerless and dejected from the world and as though I cannot breathe. Simple actions by individuals have caused upset and made my anxiety flare up to the point that I cannot rest and my partner has had to sooth me to sleep.

I find my anxiety harder to deal with than my obsessive compulsive disorder and often see it as an asset.

I have to ensure calculations are correct for my current role, so having a mental health issue that naturally makes me precise is an asset. I know not everyone sees it like that but due to a traumatic childhood event, this is why my obsessive compulsive disorder developed, I see the positive that perhaps I am better at my current role because of my obsessive compulsive disorder.



Why do I have to disclose my mental health issues when completing job applications?

Maybe I am in denial 

Many may wonder why I am writing this blog for the Next Gen GM, but it is clear to me that more needs to be done for individuals who suffer from mental health issues and unless you suffer from a mental health issue then it may be hard to fully understand. I have been on Assignment and seen first hand the damage that can be done if a Global Mobility Team does not appear to care. I hope that through reading about my daily struggles, when I am at home surrounded by friends and family, will help one or two Global Mobility Professionals understand the importance of this topic and how they can help those sent on Assignment versus ignore employees asking for help.



Until my next blog entry, keep safe and positive about life everyone.

Salutem Mentis

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