

Healthier

A person I know has struggled with their weight for their whole life. They pushed away the urgent need to exercise and eat properly, because what good would it do for them? It was pretty bad and they realized that but never acted upon those aching feelings.

Recently, they have started working out and changing their diet so they could get healthier. I could see that every day, enjoying life more, they felt better. Better everywhere. In their mind, in their body, and in their emotions.

They have inspired me. I too have started to realize that maybe the reason why I struggle with my emotions is because I subconsciously hate the way I have been caring for myself. So I slowly eased myself into that lifestyle. It was amazing. I went from being sad and hurting because I was so stuck in this lifestyle, gaining 10 pounds between every doctor's visit, to being happier and bubblier, my true personality. I was keeping a steady weight, even losing pounds! I was on the top of the world and honestly I still am. I'm healthy and love that. I feel more comfortable with who I am. Everywhere – in my body and mind. And most of all with my emotions. Thank you for listening to my story.

---Alison Nichols