

Allyson's Story of Resilience

•**Introduction:** My name is Allyson. I am 15 years old and in the 8th grade. I have ADHD, OCD, ODD, Dyslexia, Dysgraphia, General Anxiety, Bipolar, and Depression.

•**My Journey:** With ADHD, I cannot focus for long periods of time, especially if it's boring. I think my brain is ADHD too because I can't keep my thoughts still either. But sometimes that can be a good thing, like if I'm writing a story. When I get a good grade, I feel weird about it. My teacher says it's because I feel uncomfortable being successful.

OCD is Obsessive Compulsive Disorder. This happens mostly when I'm nervous. We'll get into that later. When I'm having OCD, I need to do things a certain way. Like set up my bed a special way. Also I need to know what time things are happening and if I don't, that really bothers me. I also need to know what things are happening and when.

ODD is Oppositional Defiant Disorder. Basically, I shut down. I refuse to work. I get in trouble, but for me it has a purpose. It works when I'm upset about something. It's like my shell I go into when I'm sad about something. When I'm being oppositional, I really don't feel anything. It's not a good way to act but sometimes I feel that I have to. This also happens when I have to stop doing something I like or to do something I don't, like homework.

Dyslexia is my spelling. Dyslexia is not hand writing, it's spelling and reading. Dysgraphia is a handwriting thing. I go to OT, Occupational Therapy. It helps with my motor skills.

I also have General Anxiety Disorder. I'm always afraid I'm going to throw up. This fear is my phobia. "If you're going to throw up, please leave the room."

Next on my list is Bipolar, which means my moods go up and down more than most people. Little things bother me more than they should. I also have Depression. I get sad for reasonable reasons and for no reason at all. When I get sad, I don't know what to do with myself. I just sit in my closet and cry. I don't know why, but I go in my closet, turn off the light, sit there and feel comfortable with my sadness.

•**Barriers to my resiliency:** To complicate my life further, I lost my mom to breast cancer. It went from her breasts, to her blood, to her lungs and bones. I get very sad sometimes cause I miss her. I was also adopted. My birth mom was 18 and got pregnant with someone who was a lot older than her.

•**Educate:** I am a very visual learner. I like to see and hear things that help me learn.

•**Resilience:** Now you may be wondering how I stay resilient with all of those problems. I have to admit it isn't easy. I like to swing and that's because I don't like change. On a swing I just go up and back, up and back. It never changes. Except the swing broke and I fell. That was change I didn't like. Also, at school I journal about how I feel. I also do a feelings visual about how I feel.

•**My advice to others:** Sometimes its hard, but I manage to go on with my life. If I can do it, YOU CAN TOO.