



Breaking the Silence: Understanding Depression, Anxiety & Trauma

And the Journey to Healing

Parris Charmai Leisure LLPC



Exploring the Journey: Silent Struggles to Healing

Recognizing symptoms that often go unnoticed in ourselves and others.

The importance of sharing our **personal stories** to break the silence.

Understanding how **faith and hope** support our healing journey.

Embracing vulnerability as a **strength** in the path to recovery.

What's My Story?

- GREW UP IN A SINGLE-PARENT HOUSEHOLD
- SUPPORTIVE FAMILY - TWO YOUNGER BROTHERS
- GREW UP INVOLVED IN CHURCH
- EXPERIENCED SEXUAL ABUSE AND REMAINED SILENT FROM AGES 7-17
- LEARNED TO HIDE PAIN AND "BE STRONG" FOR OTHERS.
- DIAGNOSED WITH DEPRESSION AT 14
- STRUGGLED WITH ANXIETY THAT OFTEN FELT OVERWHELMING.



Hidden Struggles of Childhood

Understanding the early signs of pain and the importance of reflection in recognizing and addressing childhood struggles.

Early Signs of Pain

Children often show **subtle indicators** of distress, like withdrawal or changes in behavior, which can signal deeper issues.

Masking Pain

Many children learn to hide their feelings, adopting **coping mechanisms** that prevent them from expressing their true emotions.

Reflection Prompt

Consider your childhood experiences: what **signs did you overlook**? How can reflecting on these moments aid in your healing journey?

When Silence Becomes Survival

Understanding the deep-rooted reasons for hiding pain and the importance of embracing healing through faith and community.

Reasons for Hiding

Many individuals feel compelled to **mask their struggles** due to fear of judgment, leading to isolation and silent suffering.

Generational Cycles

Patterns of avoidance and silence can be passed down through families, perpetuating cycles of unaddressed pain and trauma.

Faith and Cultural Messages

Cultural and faith-based beliefs often discourage vulnerability, making it crucial to reframe these messages for **true healing** to occur.

The Adult Struggle: Unraveling Childhood Pain

Understanding how childhood experiences manifest in adulthood.

Healing and resilience through acknowledging our struggles.

Childhood Pain Manifestations

Many adults carry unrecognized **emotional scars** that affect their relationships and mental health, often stemming from unresolved childhood issues.

Breaking the Strength Myth

It's a common misconception that showing vulnerability equates to weakness; in reality, **true strength** lies in seeking help and embracing our feelings.

Embracing Healing

Acknowledging past pain is the first step towards healing; it opens the door for growth, **faith**, and transformation in our lives.

Ending the Stigma Around Mental Health



Why Shame Thrives

Shame often flourishes in silence and fear, leading individuals to believe they are **unworthy** of healing. Acknowledging struggles can diminish shame, fostering an environment where honesty is celebrated and vulnerability is seen as a strength.

Reframing Faith and Healing

Faith can play a vital role in the healing process, encouraging individuals to seek help while reinforcing that **seeking therapy is not a sign of weakness**. Embracing a holistic approach nurtures both spirit and mind, allowing for profound transformation.

Therapy and Prayer Coexist

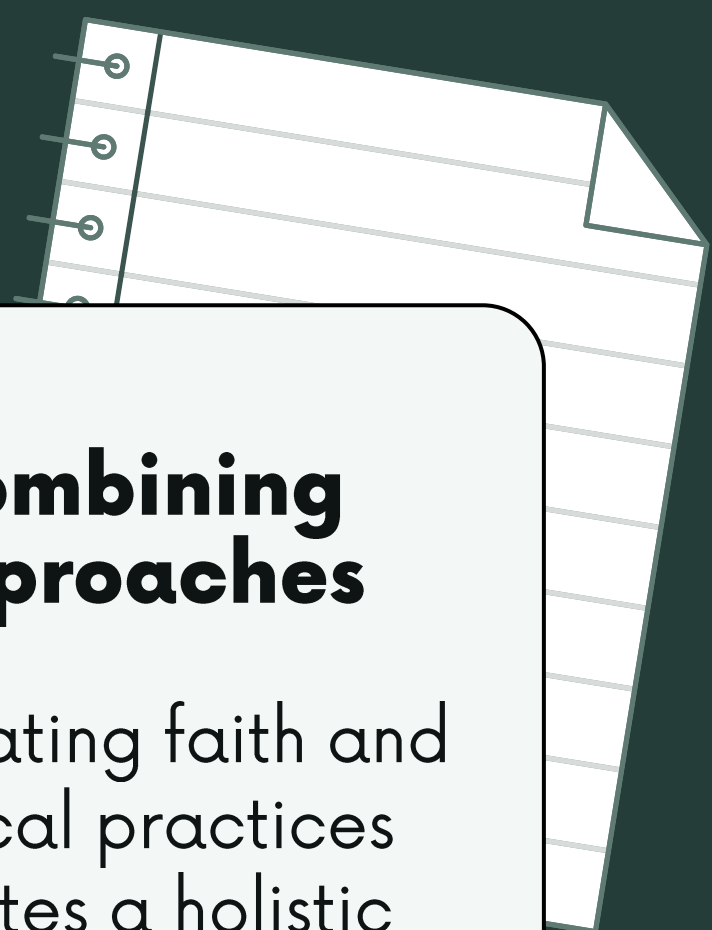
Combining therapy with prayer offers a **comprehensive healing journey**. Therapy provides practical tools and insights, while prayer fosters connection, infusing hope and strength into the healing process.

Building a Supportive Community

Creating spaces for open dialogue about mental health can help break the stigma. **Community support** encourages individuals to share their experiences, fostering connection and understanding, which are essential for healing and growth.



Tools for Healing: Faith and Therapy



Faith-Based Practices

Engaging in **prayer**, **scripture reading**, and community support can provide comfort and guidance. Faith-based practices encourage a deeper connection with God, promoting hope and resilience amid struggles.

Clinical Practices

Therapy and counseling offer essential tools for processing trauma and anxiety. Licensed professionals provide safe spaces for individuals to explore their feelings and learn coping strategies, fostering emotional growth.

The Healing Journey

Healing is not linear; it involves ups and downs. Understanding that setbacks are part of the process helps individuals maintain hope and recognize their progress, no matter how small.

Combining Approaches

Integrating faith and clinical practices creates a holistic approach to healing. Both spiritual and therapeutic tools empower individuals to seek help, fostering a supportive environment for recovery and growth.



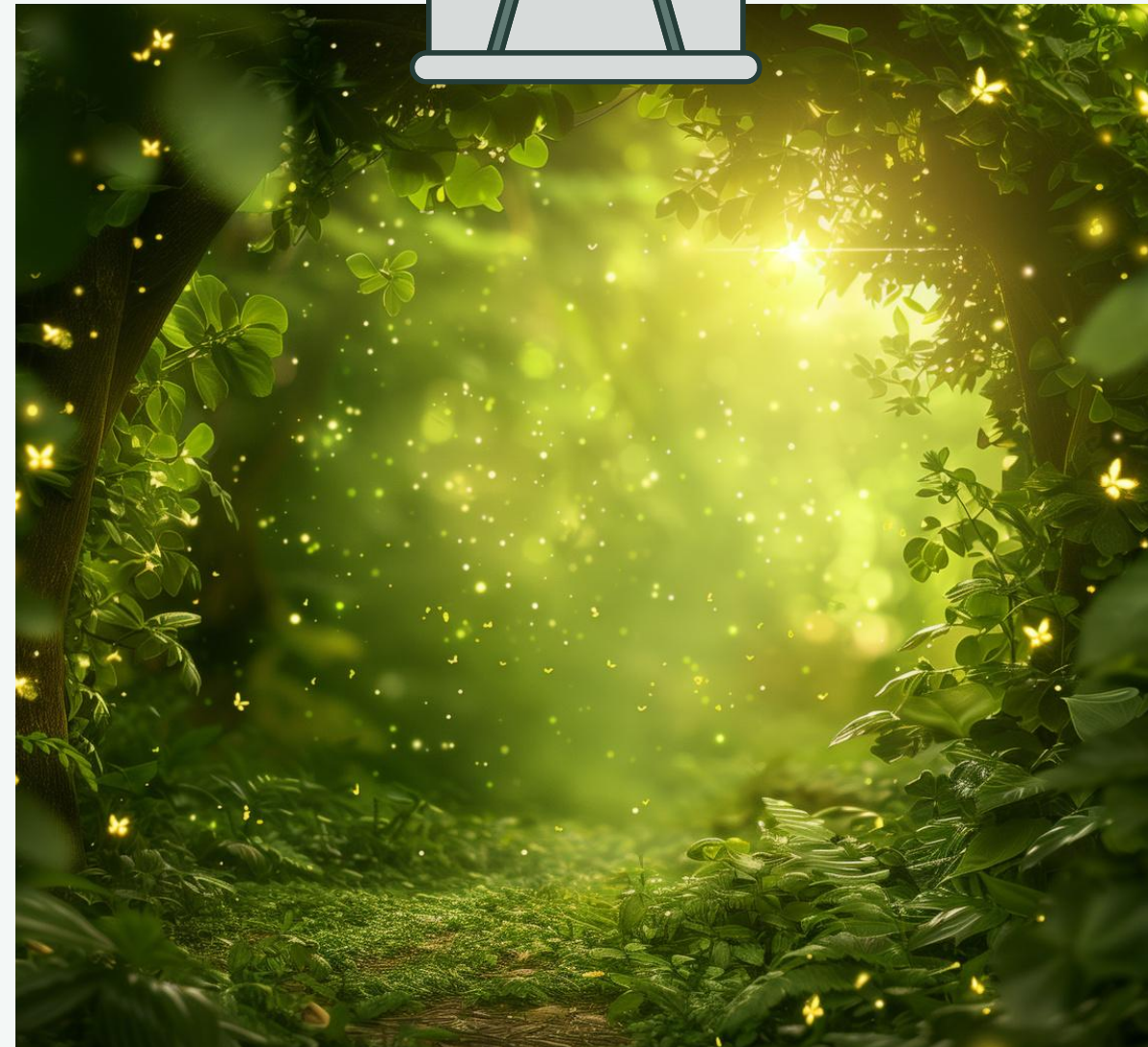
Reflection :

If healing was a journey, where do you feel you are on the path: just starting, somewhere in the middle, or further along?



Embracing the Healing Journey

Healing is a **transformative process** that involves acknowledging pain, seeking support, and nurturing hope. It looks different for everyone, often blending personal reflection and professional guidance. Remember that healing is not linear; it is a journey that requires patience and self-compassion. Together, we can **navigate this path** towards wholeness and wellness.



"Healing takes courage, and we all have courage, even if we have to dig a little to find it."

– Tori Amos



Closing & Encouragement

As we conclude this journey together, remember that you are **not alone** in your struggles. Healing is a personal path, but it is one we do not have to walk alone. Reach out to the resources available, whether they be friends, therapy, or faith communities. Let's take a moment for a reflective pause, allowing space for thoughts and feelings. We invite you to share your experiences and continue the conversation, fostering a supportive environment where healing and hope can flourish.



**Thank you! You are
not alone.**

