

ALTERNATIVE TIMES

Magazine

United
Way



United Way
of Jackson County

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Big Idea Next

CREATIVE WRITING

PHOTO GALLERY

ART

HEALTHY ATTITUDES

CULTURE

THEATER

COPING SKILLS

WELLNESS

SOCIAL MEDIA'S IMPACT

ABBY BOUSE REACHES THE
"BREAKING POINT."

LET'S START A CONVERSATION!

BREAKING POINT — ABBY BOUSE

Being Fragile, Exhausted, and having the Lack of Focus comes with many different experiences in life. In this case, this is how I feel most of the time.

You feel tired all the time, I feel like I haven't slept in weeks. The reason I am writing this is because I do have a story beyond what I show upfront. Me writing this is me being gullible and writing about times in my life where I feel any sort of feeling. My parents aren't around all that much, they're always working and I barely ever see them. I want that support and I want the motivation but sometimes when they are home it's hard to communicate, it's hard to just sit down and talk about those deep feelings that I do have. So when me and my parents do fight I do cry because that is my *Breaking Point*. I get fed up with feeling the way I do all the time and at that point I just break down because I am so tired of keeping my walls up. I hide behind these barriers called smiling from ear to ear all the time because that's easier to me than sitting there, having a deep conversation with people who may or may not ever understand.

When I went to California for 6 weeks my parents definitely saw a change in myself and how I do things. They finally understood "Oh she's not a little girl anymore. She's

going to make decisions herself. We need to trust her." Yes, I do make my own decisions but when it comes to heartbreak or being in a toxic relationship (friends, family, etc.) that's when I want the guidance and advice in what I need to do. Having some sort of structure in your life could make a big difference in how you see things compared to how you did before.

I was in a really good relationship with a guy who was a really great guy, he made me so happy, and



when I first met him I looked at him and everything else in this world had gone away. I knew that he swept me off my feet from the first moment. He's a good person and sometimes good things, like my relationship, have to end so new things can occur. You can never be 100% with how a person feels. I loved him, he loved me then one

moment for him those feelings completely shut off. He was the one I went to when I had trouble. He was my rock for the longest time ever. You can be fragile in many different situations. Mine are all different but tie to the same story.

People come and go in my life without any warning. They think that showing up and disappearing is a normal thing especially for younger kids. Those things don't settle well with me, kids should not have to go through abandonment, toxic people and toxic history that repeat itself. For a little while not too long ago, my life became toxic because I was hanging out with the wrong people, dating the people I should've stayed away from. The people that have left were people who should've played a big role in my life and instead for a lot of it they weren't there. In the family photos, at the birthday parties, at the family cookouts, and anywhere the family would all get together they weren't there.

These things don't settle right with me because I ask myself a question that nobody can answer honestly or truthfully, "Why do people always end up doing drugs, drinking alcohol, and then disappear from another person's life when they are needed?" Don't get me wrong, having a few beers or something like that is always fine, but when it becomes a habit to drink 10-25 beers by yourself and just drink all the time. There were times that I remember my grandma making poor choices. My grandma not being smart and thinking about her decisions because she was drunk really interrupted our

family dynamics (Me, my parents and siblings).

I don't really talk to my grandma anymore, now that I'm older I can understand more. There are certain things that I will always remember, and she crosses my mind sometimes, but can I forgive her for putting me through a lot for as young as I was? Sometimes the answer could be yes because I miss the way she used to be, making breakfast for us every morning, being happy, taking us swimming and letting me stay over whenever I wanted. But the other days it's a no because I come back to reality and remember that drugs consumed her life and I didn't matter to her as much anymore. There's good and bad memories but there's always consequences for your actions and she didn't think about the consequences when she did those horrible things not just to me but to a lot of people that I love and care for.

When you talk about your breaking point you think mostly of sadness but it could be anger too. Sometimes you even weigh the positives and negatives to every side of a situation. Some may be small some might not be as small, it all depends on how you see the situation because everyone communicates differently. People don't always see eye-to-eye and that's okay because it's not constant. When it becomes constant that's when you are standing from the sidelines and need to understand the situation. IT IS NOT healthy for you to be in this type of situation which may lead to you walking away,

asking directly, or going to a space you feel safe in. How I overcome my own feelings, and get through those hard times is just looking at how much better things could've been and then thinking that you could still have it even if it's not with the same people or even the same person.

Coming from what is it to what was that, is a huge step because you're in the situation and you don't see any other way around it, but then you get into the "What was that?" You have no clue of what it was, and you couldn't understand or properly communicate how you felt. For me I was in many of those situations where I didn't know how to feel, and I didn't know if I had to feel a certain way. But, at the time I had also thought that "love" was letting your significant other decide everything for you and be controlled and manipulated. I dated a guy, he was controlling and manipulative and he scared me but when we broke up for good the last time I had ever talked to him he said "you'll never find someone like me, you'll never find someone who will love you like I did."

I told myself over and over again I would never text him or call him even if my feelings for him were huge, because I knew deep down I deserved better. I knew that all those late nights crying, and wanting to hit something was because it was something telling me I deserve more, you deserve better. But did I listen? No, of course I didn't because that was how I thought everything was going to work. Until one morning I woke up and felt nothing any-

more. I felt numb and beyond hurt because I didn't know how to feel anymore. It's like my feelings had turned off and in some ways that was a good thing. He never knew how badly he hurt me, my parents didn't know, I didn't even know the pain he had actually caused because I became so prone to believing this is how it was supposed to happen. In my life, I've always tried to run away from reality as if it didn't exist at one point. Which is okay because sometimes you just need to check out of reality, but when it becomes a habit to just check yourself out constantly it can't be because you're



tired so ask yourself, "Who or what is making me feel like this?"

I got out of the relationship that was toxic because I knew that I could do better as a person knowing myself, I knew I could do better. All those nights I spent crying and wondering if he'd ever text back. I knew it wasn't normal but I allowed myself to be in this world of not caring and understanding because he was the

The Breaking Point continued.....

one I wanted and I didn't care what anybody else had to say or thought about my relationship. Being in those situations builds a person you wouldn't recognize, being in a toxic household builds character in which you decide how you turn out. You don't have to be like your parents or anybody else if you do not choose to. Your life is yours and how you end up living it is based on all your decisions whether it may be good or bad it's for you to decide.

After dealing with all these things that have happened to me in just a short time, it is making me stronger as an individual. Some advice that I would give after dealing with these things. The question is "what type of people do you want in your circle?" What type of people do you want to be surrounded by in your group when you need to talk about things, when you need to vent to someone. That person is someone who you can rely on when you can't rely on anyone else, that person is your rock through the hard times, it doesn't have to be a relationship, it could be a best friend. Just ask yourself "Who do you want as that person?" Your person will love you regardless of the mistakes you've made, regardless of the countless bad things you've done. Your person looks past all that to see a beautiful person just waiting to come out of their shell at one point.

SOCIAL MEDIA'S IMPACT ON SOCIETY BY THE AD COUNCIL

Social Media is an undeniable force in modern society. From giving us new ways to come together and stay connected to the world around us, to providing an outlet for expression, social media has fundamentally changed the way we initiate, build, and maintain our relationships.

that social media can have on mental health. Recently, experts are weighing in on the role that the design and build of social media platforms plays in exasperating these concerns. We are hardwired for negative responses even more so than the positive.

Aza Raskin coined a phrase "Digital



Social Media has become commonplace in our daily lives, but the reality is that social media as a technology is still in its infancy stages. There is still so much to learn about the nature of its design especially when it comes to the impact on society. It had to be known the extent of the negative possibilities associated with trauma its triggers and its role it plays on an individual's self-esteem.

You've likely heard at least something about the negative impacts

Loneliness Epidemic," which focuses on the global rise in depression and loneliness as it correlates to social media use. Raskin spoke of the "infinite scroll," or the design principle that enables users to continuously scroll through their feeds without ever having to decide whether to keep going. The dilemma we are now facing in the wake of momentous mental health concerns that are being linked to social media, is whether good design is humane design. And more importantly, what do we do when it isn't?

MENTAL WELLNESS DAY

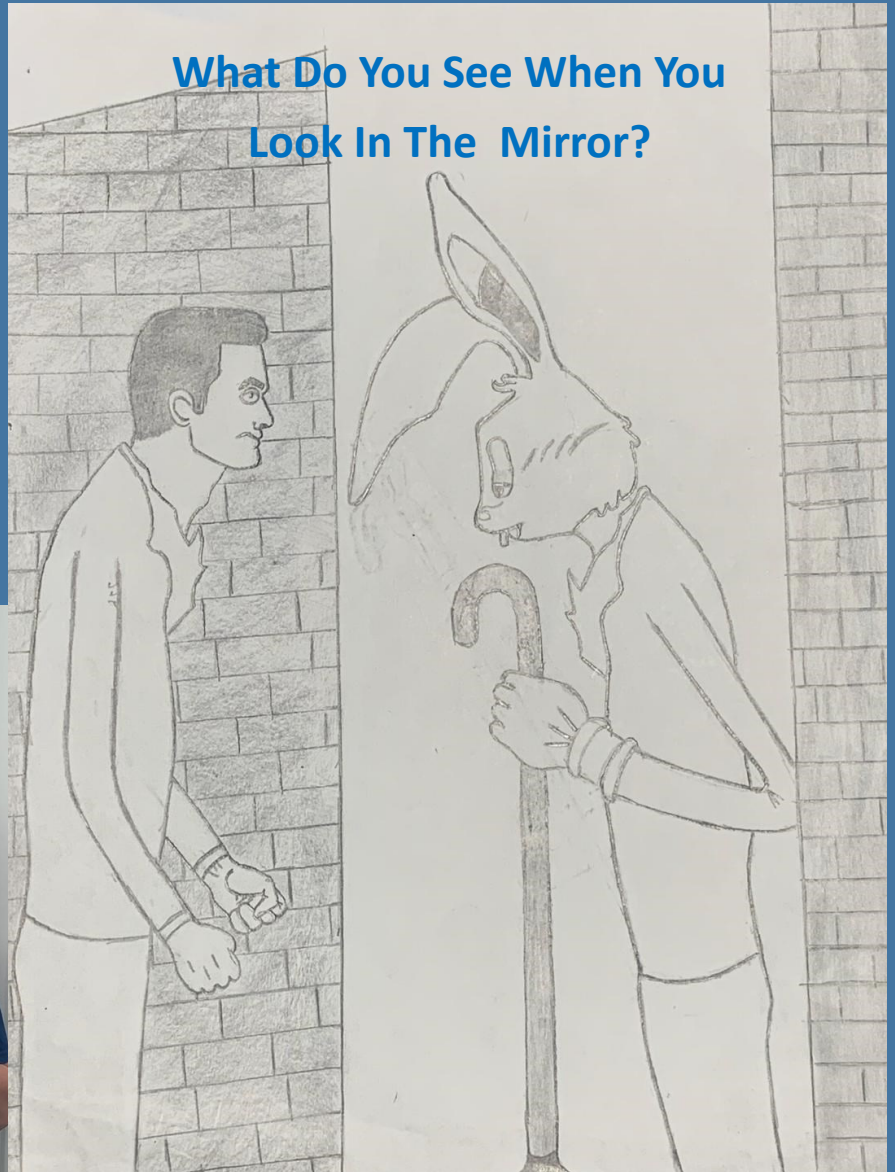
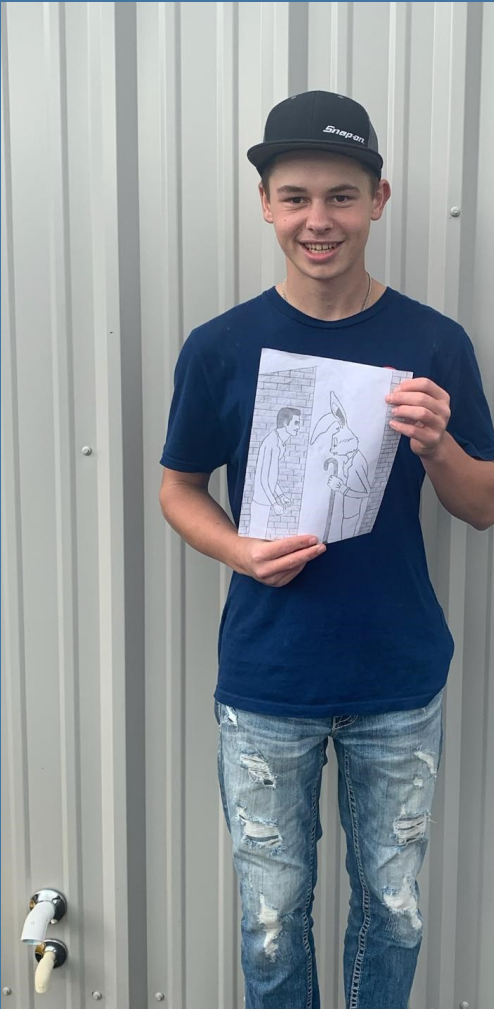
@CENTRAL MEDFORD HIGH



ART by Jeremiah Pruitt

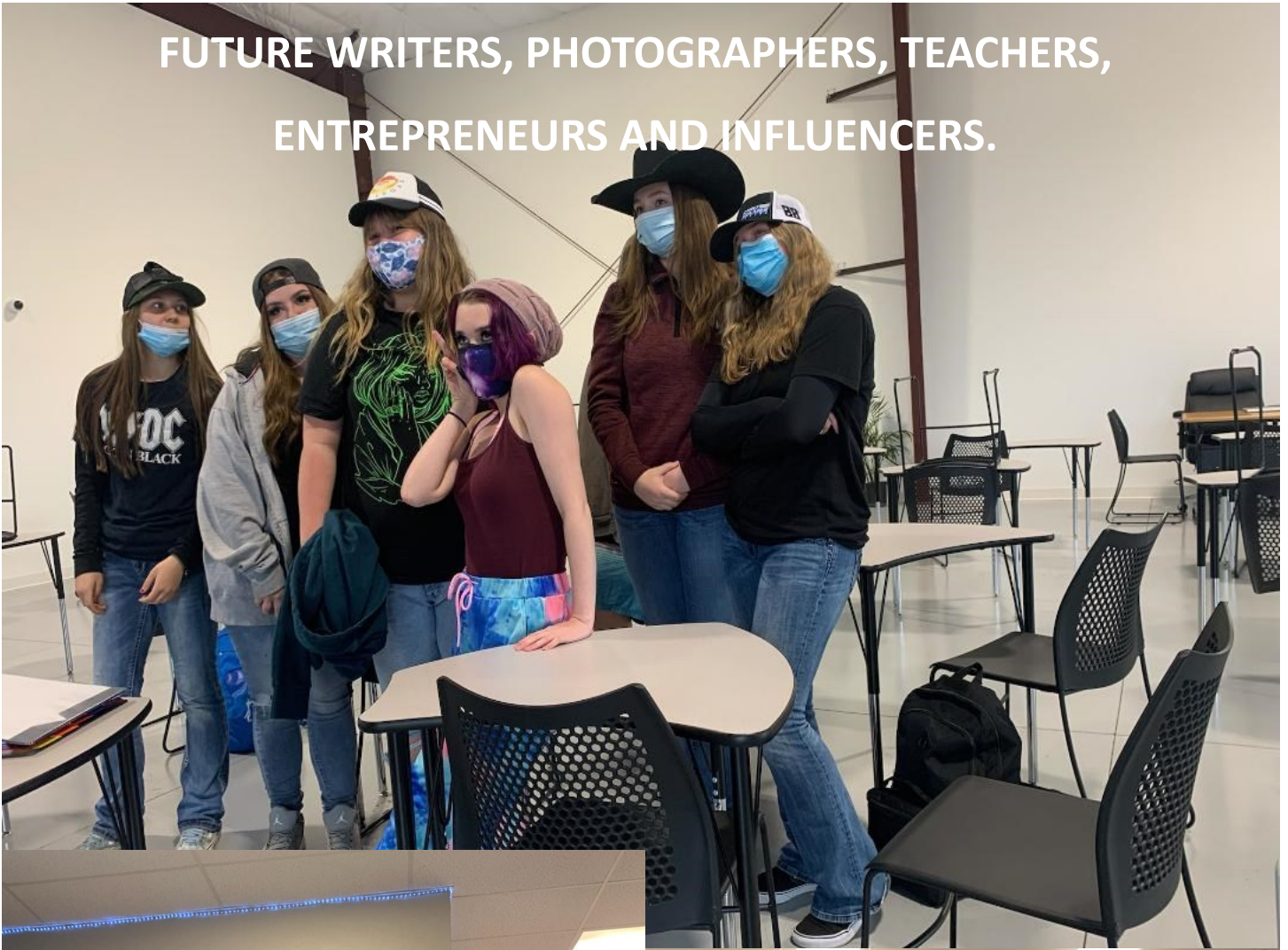
STORY by Will Young

I really like this kid. In 24 years I have worked with and for hundreds of young people, and there is something about Jeremiah. He is social, he procrastinates like no other, and he is a nice guy. From day one we hit it off, and as I have told Mrs. Evans "I hope he gets to the point where he trusts me and my stance on education."



What I think I like about him the most is that he has found something that he enjoys as in a hobby. He enjoys art and in the times when he focuses on his craft you can tell there is an intensity and calmness that allows him the freedom to create.

FUTURE WRITERS, PHOTOGRAPHERS, TEACHERS,
ENTREPRENEURS AND INFLUENCERS.



5 steps to Mental Wellness

1. **Physical Activity**—a healthy body, a healthy mind
2. **Healthy eating**—stay away from food deserts
3. **Meditation**—take a break from world issues
4. **Social Connection**—engage with people with positive dispositions
5. **Calm workplace**—create a space that is conducive to freedom

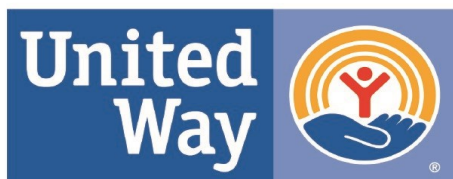
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Let's Start A Conversation

The way to Mental Wellness is starting a conversation, but what do we talk about. How about an honest outlook on the way we are feeling. How about the great things that are going on in our lives that really matter.

We all have gone through it or are going through it now, and we should not do it alone. If you are not ready to talk about it face to face then write about it in this magazine. Your words will help someone else get through a tough time so let's be intentional.

