

MONOLOGUE / MENTAL ILLNESS

*Interview style room setup-- dim room.*

*HOPE a young, college girl. Sitting on a chair facing an interviewer- you can't see the interviewer's face. A light shines on HOPE's face.*

HOPE

What do *I* think about mental illness in my generation? Well to be honest, the reality is our society sucks. Sorry to disappoint those who think we're all just thriving in our filtered life. But, that's just not reality. We live in a world where virtual reality is more real than our own reality. Social media has taken the spotlight off of spreading awareness of mental illness to instead dressing it up.

How is it that anxiety is the new Instagram aesthetic? How is depression the new social norm? How is being bipolar the new face of beauty? Making a mental illness "fun", making it look appealing is going to kill us all. (Lets out a SIGH) What? You think that's a bold statement? You're right, it is. But, I unfortunately believe it's our new reality. Tell me... what happens to the little girl who hates her self image because she is obsessed with the "influencers" on social media that photoshop every inch of their bodies until it looks like they were designed in a lab. I'll tell you what happens to that little girl- that little girl grows up with an eating disorder just to *attempt* to love herself. She goes on to high school with the mentality that no one will love her because of how she looks. So she tries everything to change her image. But it still isn't good enough. So she gets addicted to pills & battles depression every single day until she tries to take her own life because she feels worthless. (Pause) What happened to that girl? Well she's sitting right here. Yep, that was my life for over 10 years. How did that cycle stop? I finally realized my life was-- *is* worth something. A lot more than just *something* actually. It's worth getting up every morning. It's worth chasing my dreams. It's worth allowing myself to love me for me & expecting love from others. It's worth me fighting for the other little girls who are headed down the same path I went down, but stopping the cycle for them. It's worth actually spreading awareness & making a difference even if I don't have 10k on a platform. It's worth everything. It's worth living.