

**My Life as Being Overweight**

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## **My Life as Being Overweight**

Being overweight could be tough. Losing it could be even harder. There are so many challenges along the way. I say a person cannot grow without a challenge. I dealt with being overweight most of my life. I put in so much effort, just to see no change. My heart was in despair. I felt like a failure. The obesity had taken my mind to a dark place. Being overweight, took control of my self-esteem, and self-love. I had no self-confidence and before I knew it, I was on a self-love journey, too. Being a “fat” person, affected my mental state, physical abilities, and overall life.

It started after my third child; I was approaching 250 pounds and my mental health was slowly fading away. I hated the way I looked. I could not stand the person that looked back at me in the mirror. It was horrible. My husband everyday words of “honey you are beautiful,” was not good enough. I felt ugly all the time. I had no self-esteem, and I was not confident in my own skin.

After my fourth child, I was approaching 300 pounds. My mind was sprawling out of control. I often wondered what it like to be thin, wear pretty clothes and have a nice body. My mind had become my enemy. I used food for comfort. I gave up and accepted myself as a “fat” girl. I lived in self-hate for a long time and then the weight became much more.

Before long, my weight began to affect my physical health. The easiest things like standing, sitting, reaching, even bending had become a challenge. I was struggling with so much pain. I had difficulty breathing, with only a few steps of walking. At such a young age, I was diagnosed with sleep apnea, type 2 diabetes, and high blood pressure.

So many medications were going in my body at once. My mind, body and life were so miserable.

Suddenly, my life had become no longer my own. It belonged to the food, medications, and depression. I had no energy to play outdoors with my own children. No energy to exercise. Date nights with my husband had become unthinkable. I was ashamed of my body and hated the way clothing fit against my skin. I loved food too much to give it up. I was heartbroken. There was no way to live. I had no hope.

After years of researching, talking with my husband and doctor about weight loss surgery, I finally committed to becoming a healthier me. It was the best decision I ever made for myself. My gastric sleeve was exactly the tool I needed. The gastric sleeve surgery reduced my stomach storage capacity, which limits my food intakes and helps me feel full much sooner than normal. It helped me to begin my new lifestyle.

Overtime, I learned how to eat healthier, eat smaller portions and love myself again. My health improved tremendous. I no longer needed my blood pressure medications, my sugar levels became normal, and my sleep apnea went away. I felt so much better physically. I became more energized and upbeat. To play outdoors with my children without experiencing heavily breathing was an amazing feeling.

As the weight came off, I felt so much better about my body. My self-confidence and esteem were at an all-time high. My mind was no longer my enemy. I was no longer stuck in that dark depression place that I built over the years. My mind was much happier and not sad. I felt something I have not felt about myself in a long time. I felt beautiful.

It became so much more than losing weight but discovering the love I lost for myself and the confidence I had to rebuild within myself. Weighing in at 140 pounds, I

now feel like a fresh breath of air. Although, it was no walk in the park, it was well worth it. I still have a long way to go, but a part of me now feels like a bird with wings. I am finally free.

Certainly, being overweight can be difficult for anyone. Many people may deal with it, I know I have. It affects people in different ways. For me, it was self-hatred, low confidence and the thoughts of being a failure. Life is made to become a challenge. It can challenge anyone, including me. Besides, what is life without a challenge? Challenges helps with growth, strength, and wisdom.