

DEALING WITH RAPE BY JOSHUA OBONGHA

(Providing solutions to Mental health Issues)

According to The Merriam Webster Dictionary, Rape is Defined as an "unlawful sexual activity and usually sexual intercourse carried out forcibly or under threat of injury against the will usually of a female or with a person who is beneath a certain age or incapable of valid consent because of mental illness, mental deficiency, intoxication, unconsciousness, or deception. "

Now it is pertinent to understand that rape isn't always targeted towards the female gender but rather anyone, both male and female can become victims of rape.

Dealing with Rape can be very traumatic and painful, especially if you are a woman or a girl child it is an experience that shatters your trust for the opposite sex, and introduces you to feelings of fear, inferiority, shame, Contempt, pain, anger, unpleasant feelings in general as well as social Distancing yourself from among others. The wounds Incured in the act are not just physical but Mental as well, they can last a lifetime if not properly Managed, and is able to rebrand the victim to negativity, the Flashbacks of such distress can refrain your inner possibilities and shut down gateways to your joy and happiness.

Usually, as a rape Survivor you may suffer from mental health problems ranging from Post traumatic stress disorder (PTSD) to paranoia, to anxiety disorders or Depression. Struggling with these issues is not Funny at all, because everything will feel so Difficult for you, even flipping the pages of a book. Understand that it is normal to have these symptoms come in the aftermath of Rape

You may at some point discover that you can't cope well or react properly to situations around you, but Your ability to understand what kind of emotion you are feeling , label them properly and manage them adequately is one step in to the journey of getting healed

Seeing a medical Doctor will to a large extent help in managing the physical pain by prescribing drugs or other forms of Medicare to cushion the effects of Rape.

Talking with a Professional Counselor or psychotherapist will also help you recover from the trauma and help improve your mental health, since your mental health is as important as your physical health make sure that you are open minded and cry when you need too.. It's all part of your healing

In most cases Fear is what floods your mind and causes you to cut away from reality, or anything that depicts the incident, but to deal properly with that emotion you have have to face

your fears and break the stigma attached to the distress. Usually, the stigma is just a mirage in the victim's head not actually how people choose to treat Him/ her

So you must decide to face your fears, talk about it, walk through that street again, engage in fun activities with family or Friends, be bold and speak positively to yourself as against the negativity that your mind might be musing in order to bring to life your self worth.

Another sure way to deal with Rape is having a vision plan, what plans did you have before the incident? It is possible to still achieve them, Set new goals and reset old ones and pursue them. Resist the urge to live every day by chance but purposeful

And disallow the urge to complain but be grateful that you are alive, brace yourself and stay inspired and focused to your Vision

Furthermore, to deal with Rape I will like to categorically emphasize that you talk with a professional mental health Counselor, a psychotherapist, or a human rights advocate who is well vast in the field of mental health and Human rights abuse and also ensure to confide in Someone you trust very much to always be there for you, since it is not a guarantee that after speaking with a professional Counselor the pain and trauma will disappear however breaking the silence is a great step to your healing and managing the incidence.

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