

# penumbra

your way to a brighter future

## My Wee World! By Nicole Carter

Hi, and welcome to my world! My own wee world, wherein I'm thoroughly enjoying my journey of continued recovery and wellness! It's great here but it's taken me since I was very young, until very recently, to get where I am now.

Yes, life has been "interesting" with several periods of homelessness because of me running away "from the frying pan into the fire," whenever my Bipolar (Type 1) had reared its ugly head. Now I'm in my forties, I can honestly say that I'm at a stage where all that awfulness has dwindled into mere "slight regrets and nasty inconveniences"; considering there were many times I'd hallucinated demons and heard a voice, I'm sure you can imagine how hard it has been.

However, time really does heal, The System does work for most folk, and the mental health services DO really make a huge difference, now they have drastically improved. That improvement, I believe, is because people like you guys and myself, are able to express ourselves clearly and openly when we feel safe enough. I truly believe that stigma is due to a lack of understanding, because of lack of knowledge, so therefore it makes sense to honestly tell those you know well and trust, \*exactly what is going on in your brain and body, to help them understand mental health issues better,

so they are more equipped to help folk who are suffering.

I use poetry to fully express myself to a wider audience, by reciting at poetry gigs around Scotland. In a nutshell, the poetry scene here is alive and thriving with likeminded folk, from all backgrounds and nationalities, it is Fantastic!

I'm also a qualified and experienced personal trainer, fitness class instructor and nutrition adviser, I worked hard for those qualifications when I could. I wrote my Mind and Body Guide self-help motivational book so I could pass on all the great stuff I've learned from my higher-education courses, and Mental Health professionals, which I've benefitted greatly from myself. Poetry is a hobby, whereas fitness, cooking, baking, environmental issues, and helping others, are my passions. Look around you, there are LOADS of things to be positive about, you're reading this, aren't you!? 😊