

**Inspirational**  
**Episode 12**

**Grace  
Lavender**

**Mental Health &  
Wellbeing Practitioner**



*This episode of **INSPIRATIONAL** features a “True Story” from the life of  
**Ms. Grace Lavender (Mental Health & Wellbeing Practitioner)***

*“ When I was younger, I was aware that things would frighten me or make me nervous. But when I got to sixteen, the fears became my living reality. I would have panic attacks daily, leaving early from my home to get to school earlier than everyone else to have some time away from the crowds and the bullies.*

*It’s something I never identified as anxiety. That word wasn’t in my vocabulary. I used to do all sorts of things in an attempt to remain in control, as when I was in control, I thought I could control my environment as well as my body and mind. That was not the case. This became an unhealthy routine for me, being so anxious that I couldn’t even look at myself in the mirror or my partner in the face out of fear of what might be ‘wrong’ with me now.*

*As I moved forward, passing my exams and leaving school, I still struggled with anxiety and having the elephant in the room feeling when people asked me questions of why I left early or why I do the things I did. When I was in university, during my final year, a bereavement sunk me into a depression, to a place I never thought I, me the counselling student, would get to.*

## “INSPIRATIONAL”: EPISODE 12

*But with the help of my university mental health mentor, counselling, Samaritans and my family, I pulled myself out of the dark and into the light at the end of the tunnel, achieving my degree and graduating.*

*Now I support others who are in the depths of their mental health or simply can't find their way in life right now. I am starting my Masters in Psychotherapy and Counselling next month and am excited to learn more about others as much as I am about myself. ”*

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***INSPIRATIONAL isn't it?***

***Website Link of this Story: <https://livingvirtuously.in/inspirational>***