



Inspirational

Episode 26

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*This episode of **INSPIRATIONAL** features a “True Story” from the life of
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“I have been thinking for quite some time now, that how can I inspire others but then I figured out that the life I have built over a couple of years, with utmost humility and kindness towards people, cannot just inspire people but definitely can give them hope to keep moving forward each and every single day.

I realized the importance and essence of mental health and well-being at a very young age when I was 18 years old. Like many other students, I was followed in a rat race of taking science and pursuing engineering because, in society, other subjects like Arts were entitled to be taken by “mediocre” and “inconsistent” students. There was a lack of career counselling and options given to us while we were growing up and figuring out what our personality and interest would want us to achieve down the course of the next 5 years. If you are successful enough and getting a high paid job after completing your undergraduate degree, you become

a trendsetter in society and if you fail to do so at all by pursuing your passion in which you feel satisfied and content, you become an example that is not to be followed by next generation.

I believe, every person's map of their life journey is unique and so has been mine with a lot of struggle, self-doubt, and stubbornness to be myself each day and make an identity for myself and not others. During the second year of my engineering, I went through few worst months of my life, when I didn't feel "normal". When depression got into me, even the simplest of tasks felt challenging, I lost interest to even get up from my bed and brush my teeth. The surprising part was, people around me were not aware of what symptoms I am exhibiting and "Why". All too often people use words like Crazy, Sicko, Psycho, Bipolar, Weird as insults and to stigmatize people with mental health issues. Instead of listening to others, some people use phrases as "It is all in your mind", "You don't look like you have a mental illness". I have personally come across such labels because of my sudden behavioural change and my anxiety attacks. Your close ones think they understand your situation what you are going through but they certainly won't unless we decide to speak it out. I always had the fear of speaking it out. Counselling sessions and anti-depressants became a part of my life, but professional help boosted my confidence at that point. I regained my self-consciousness and pretty much started going into the depth of "Why do people feel this way and What makes them feel this way" because each person has a reason behind their actions. The more I read about the psychology of human behaviour from my curious mind by finding Why's and How's, I started becoming a more empathetic person and started gaining to realize the potential of a motivated human being. I realized that I definitely have found my passion through my struggle. Finding a passion isn't about just career and money, for me, it has been a journey of finding my authentic self which I buried beneath myself over years in regards to pleasing other people's needs.

It's not about the gender, it's not about the cause that why you are feeling, what you are feeling, it's just about what you are feeling and that only matters, to come up with the guts to seek any kind of help. No reason for being into depression is small enough to ignore, Sexual Assault, Death, Heartbreak, Peer pressure, or any other specific reason that is making you feel low. I was fortunate to get my family's support as soon I spoke up.

I landed up becoming a Human Resource professional. As an engineer, I was always been asked this question in every interview I attended "Why HR" but I never gave up explaining

them and moving forward in my career. I feel if one believes in themselves, they are unstoppable, they won't get tired of aiming for more for their growth. There should be passion, purpose, focus, and goal setting always in their mind without knowing what will they have to experience tomorrow. I started my career as a fresh graduate with a salary of 15K per month, staying all alone in a city like Bangalore, India. I have starved on few days to save up for my travel to the office or for next good meal. There were days I didn't feel safe as a woman in the lost crowd. I started travelling around the city to give three interviews in a day to grab a good opportunity that would give me good exposure and learning. I have met so many beautiful souls in my career and their only one conversation with me would teach me about certain aspects of life both personally and professionally.

When you are evolving to become the higher version of yourself the road will seem lonely, but you are shedding your energy right now which does not match the frequency of your destiny. I have certainly learned a lot in my journey until now as a 23-year-old young woman and I would always be seeking more growth and spirituality. My journey has made me selfless; I always try to shower my kindness and sympathy in the most appropriate way to the people in need. I definitely believe to stand out of the crowd for myself and encourage everyone I would encounter in life to be the most authentic and best version of themselves. If I could do it, anyone struggling right now can do it because nothing is impossible. I am proud of being the strong-headed and independent woman that I have become and every individual deserves to be proud of themselves because no one is like you. YOU ARE ONLY YOU.

I hope we all remember the famous quote from Alice in Wonderland – “We are all mad here! Mental Illness or wellness is a spectrum-everyone is on it somewhere! It's time to wake up folks”

I thank Aniket for letting me share my journey and I hope this platform inspires millions of others to come forward and share their story.”

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