

## THE JIGSAW

### *Enlightenment after years of struggle with eating disorders and depression – both different kinds of mental illness*



- Going to adulthood with a bit too much enthusiasm for drinking & partying.
- Great 3-year trip as a gypsy; enjoyed every bit of it but found it hard to settle back into suburbia!
- Marriage and children – the big highs, the enormous lows, dealing with thoughts of suicide, low income, marriage problems, anxiety & depression.
- Battling with anorexia
- September 11 – just as life was coming together, I go into another depression, the medication affects my weight.
- Dad's passing – absolute devastation and grief. Then the understanding that old age brings knowledge, wisdom & freedom. The down side is decline in health.
- Enlightenment – Mum's sad decline and my looming retirement! I'm starting to understand the cycle of life.
- Hundreds of billions of people have been born and have died. So there has never been a problem that somebody hasn't already had and already solved.
- When I told "Brenda", my mentor, that I had a problem, she said "Are you dead?" I said "No."  
Brenda said "If you're not dead, you don't have a problem."