Psychological Disorder

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Psychological Disorder**

An activist and producer “Nikki Webber Allen” in the video told her story and experience related to the psychological disorder of anxiety and depression. From her story, I learned that it is okay to be weak. There is no need to be strong or to show your strength all the time. Anxiety and depression are not linked with the level of achievement and power you have. As Nikki Webber told that when she was diagnosed with the anxiety and depression, she hide it and she was ashamed of it because she had better opportunities than her ancestors. Also, she had an excellent degree and carrier, but when she saw the death of her nephew due to depression and anxiety, it changed her thinking, and she researched for the problem. Depression and anxiety are the leading causes of disability and sickness globally. These disorders lead to the chemical imbalance in the brain. Therefore you cannot and should not ignore them. Racism and economic disparity are the reason for these disorders for black Americans, but they link this problem with weakness. Even half of the white people also facing anxiety and depression but take it as a stigma (TED, n.d.).

I have learned that communities irrespective of their color need to undo the stigma that misreads depression as a shame and weakness. Everyone who is facing the problem should openly admit it and should get help. Many people live around us, communicate with us, we do not know the depression and anxiety felt by the person next to us just because we keep it hidden. The most important thing that needs attention from the video is to accept the problem if anyone has anxiety and depression he needs to recognize the problem because if he does not accept it, it will keep killing him inside and no one even could help to get rid of the disorder.

References

TED. (n.d.). *Don’t suffer from your depression in silence | Nikki Webber Allen*. Retrieved from https://www.youtube.com/watch?v=shG0ezBeeJc&feature=youtu.be