

a day in the life

Natalie Davis

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Over the past 10 years, I've been diagnosed with a variety of illnesses, both mental and physical. In general, it's not obvious to the people I see on a regular basis. I'm not sure why I try so hard to keep my disabilities from showing as I'm very open to talking about it.

My most recent diagnosis, just a few short weeks ago, my doctor bluntly described as "like cancer, but not cancer". That one really shook me up.

I've developed habits to keep me from going downhill. It's a combination of preventative measures, like lessening the stresses and triggers that push me into a depressive episode, as well as day to day habits that just help cheer me up a little bit.

Sometimes I can't get out of bed. Sometimes I worry so much that I make myself sick. Sometimes I really can't see the light at the end of the tunnel.

So there we have it: a look at the behind the scenes and habits of what appears to be a functioning adult, who is really just a girl who's trying to keep herself together.



Waking up extra early in case
of a symptoms flare up.



My mental health improved after adopting a dog, she is the reason I get up and leave my apartment every single day.









Medications and supplements
to keep my head above water.





It's important to stick to daily hygiene habits,
even when it feels impossible.





The daily effort of opening the curtains
is often too much for me.



Planning outfits the night before
to reduce anxiety in the morning.



Makeup to look healthy and put together.







A plastic bag handy
in case of a wave of nausea.





A fading bruise from being sedated for a medical procedure.



A checklist for when things get bad.

Safety Plan

If you have thoughts of hurting yourself, start at Step 1 and go through each step until you are safe. Remember, suicidal thoughts can be very strong. It may seem that they will last forever. With support and time, these thoughts will pass. The hopelessness that you feel now will not last forever. It is important to reach out for help and support. You can get through the difficult time. Since it can be hard to focus and think clearly when you feel this way, please make copies of this plan and put it in places where you can easily access it.

- 1) Do the following activities to calm / comfort myself:

Smell lavender, have a bath, cuddle Rose, coloring books, talking, being hugged, watching a funny movie

- 2) Remind myself of my reasons for living:

family, Rose

Mandatory midday nap
due to chronic fatigue.





Having a tidy living space to
keep depression at bay.





A bad habit of digging my nails
into my skin when things get stressful.

Classical music helps me stay
calm and focused.



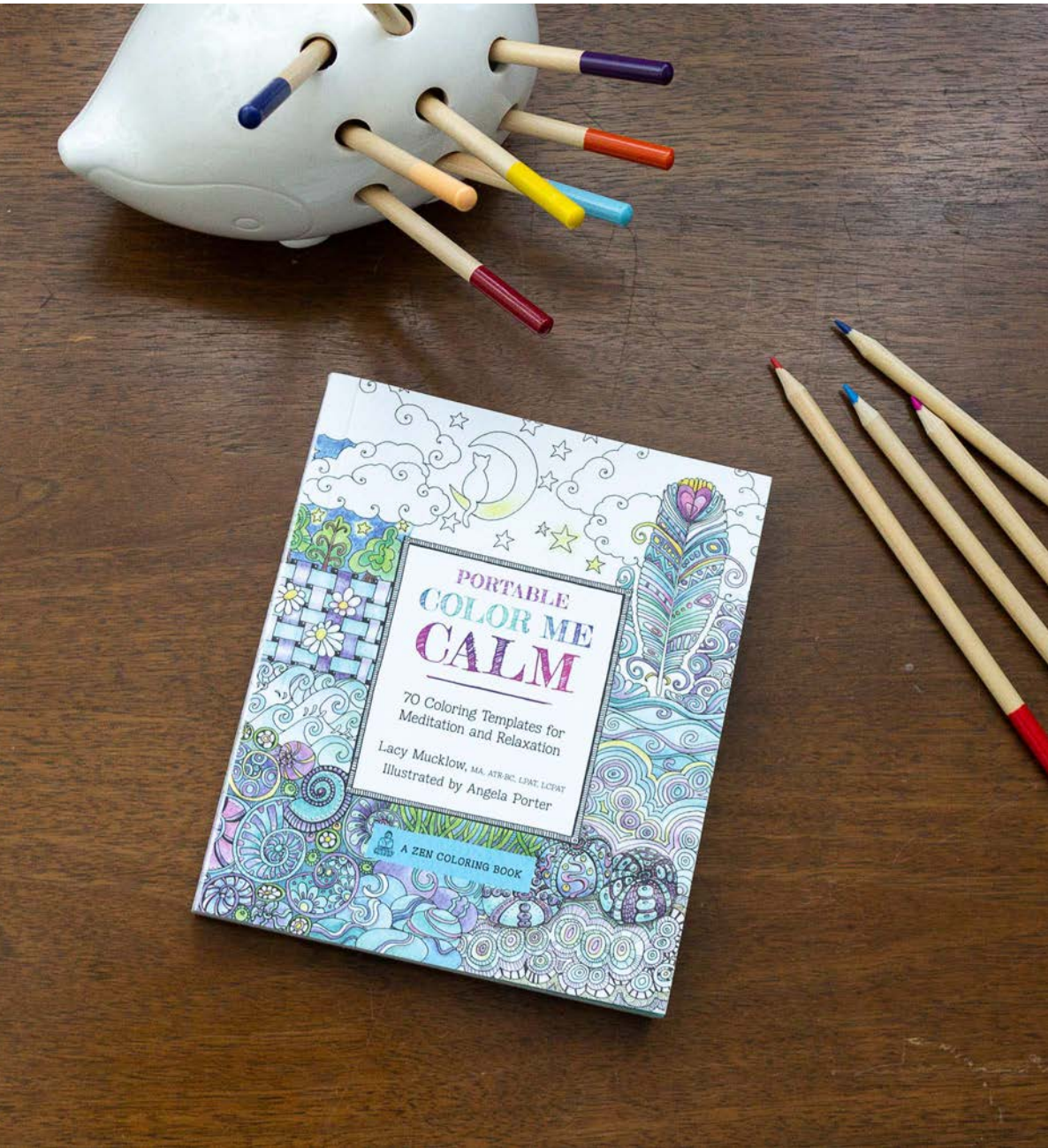


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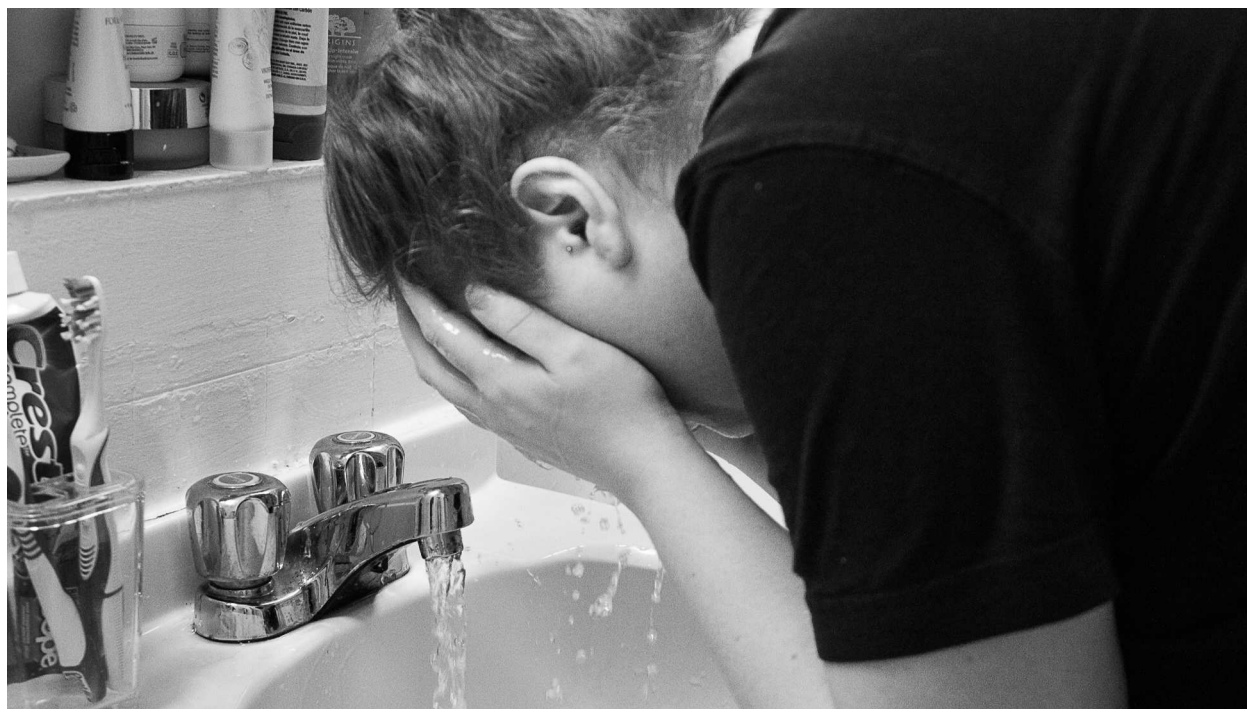
HEADPHONE





Colorful baths and coloring to calm myself down.





Always remove makeup before bed
and have a bedtime routine.







Designed using Adobe Photoshop Lightroom

