My Mental Health Saga: Depression, Resignation & Frustration

Microaggressions, encouraging empathy and prioritizing mental and physical health.

March 30, 2022 By Megan-Claire Chase

I decided to make a little video instead of writing today. I explain why and give you a life update. So, hang in there and watch the whole thing. I just winged it while on a muscle relaxer that started kicking in towards the end.

Megsie's Video

Make sure to check out my 'About' page for the latest published writing and podcast guest episodes.

Until next time,

Warrior Megsie

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