

## **Victoria — Family and friends have been the main reason for helping me through my situation.**

It has been 2 years since I was diagnosed with Alopecia. It started off with clumps of hair coming out then got to the point where I had no hair from head to toe. It has been a very hard obstacle course but I have been able to get through it with having a healthy mental space and a well community to be around.

My name is Victoria and I am 13 years old. It was at the start of year 6 when it all started to happen. The first thing that came to my mind when I got diagnosed with Alopecia is 'what are people going to think'. But my mindset and the people around me changed that to 'people can think what they want as long as I know I am still beautiful'.

### **Mental wellbeing:**

Since I knew that year 7 was coming around and I was going to be with a whole lot of new people that probably didn't know what Alopecia was I had to change the way I thought about myself so I was more confident within me. That started off with psychologist appointments and then I finally got to get a wig. The wig has given me inner confidence and strength to handle situations that previously I might not have been able to handle.

### **Physical wellbeing:**

My favourite hobby/sport to do is swimming. It helps me clear my mind and makes me think more about what I am doing rather than who's looking at me and what are they thinking. In swimming I like to wear a swimming cap as I feel more satisfied this way. I also really like swimming as it keeps me fit and healthy and it is a really good fun to go see friends and socialize.

### **Healthy surroundings:**

Family and friends have been the main reason for helping me through my situation. They have supported me and put themselves in my shoes and realized what I am going through. Also a healthy community or being around other healthy people influenced me to think about my health a bit more.

