

Jessica — it can only get better from here.

What a roller-coast the last few weeks has been!

Heck, not even the last few weeks but the last few months!

Who would of thought I would find my first patch to then shave my hair in LESS than 6 weeks?

Who would of thought in such a short time later I would have my voice on the radio, my face on the front page of the newspaper and an interview on the local news?

When I was first asked, I thought "Oh this will be easy", "I'll smash it out of the park".

As it got closer, I got more and more nervous!

What if they don't portray my story the way I want it to be?

What if they make me look like I've got 10 chins, when really I've got at-least 3?

What if negativity comes from people thinking I'm doing it for attention?

What if I get there and freeze, stutter or my anxiety takes over, leaving me a blubber mess?

These emotions soon disappeared when I got there, I felt this weird sense of confidence. A sense of confident my anxiety and depression never allowed. I felt empowered. I felt I had a purpose. I felt I was important. And that everyone else was relying on me, I CAN'T LET THEM DOWN. I can't be weak.

I've learnt quickly that the people around Launnie are most understanding and inquisitive then I ever gave them credit for.

Anxiety and Depression can be the dark devil, I felt it has control over me.

Until I made the small steps to take control, I am in control!

Alopecia does not rule me... I'm me, and I'm in charge of my own life!

No more self-pity, it can only get better from here.

The first step in a positive new approach was shaving my head, then going without wig.

Next come the eyebrow tattoos and dealing with no eyelashes.

Now my days have consisted of media appearance.

This would not of been possible if I didn't challenge the dark devil inside me.

I will always have control, mental health issues will never win!

