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My essay will revolve around mental health, things people go through, and how you can cope through basketball and getting active.

Some health issues you may face are stress, depression, and anxiety. Nobody knows how these feel until you face themselves, yet these are common things we see loved ones or others go through. There are many ways to cope with these problems, the example I'll be giving is basketball and regular activity. Some ways I personally cope with stress are going out and playing basketball. It gets my mind off things, and it's me and the ball. This goes for many. Basketball is a way to escape and put your time and heart into the game. For example, Kevin Love, a professional basketball player who plays for the Cleveland Cavaliers, has gone through this himself. He said, "My way out was basketball". He also encourages people to speak up and get help, he says, "Talk to somebody, You would be *amazed* at how freeing it is just to talk to somebody, and tell them the truth about what you're going through." Some other things you can do are stretching and running. Both of these are activities you can do, and should be doing daily. These are both super helpful for the body, and to help clear your mind.

The most important message is though, is to get help. You are not alone. I hope by writing this, people will realize that. There are many ways to cope with this stuff, such as sports and basketball rather than doing drugs or suffering in silence.