

This is the quote written by Linda Poindexter “One small crack does not mean that you are broken, it means that you were put to the test and you didn’t fall apart.”

Well this quote means the life tests you and you have to stand still on your side. Sometimes things might not go your way but it's ok and we know it is a part of our life. But we all know failures are in everyone's life but it is only us who can change our failure into success

So today I would like to share a story on mental health day. Its a story of my friend, she was with me in the same class in 9th standard but as you know 9th class is bit difficult I passed the class but she couldn't. Well it was very

surprising for as well as of her, but the destiny couldn't be changed. She decided to change school but then she thought to repeat class in the same school, the decision was very difficult but I was proud of her that she actually made a decision. First of her class was very difficult for her because there was thoughts coming in mind the children might make fun of her and to think like this was genuine. But as a friend I and many other friends supported her. Well leaving alone in that class didn't felt good but you know God sends an angel on earth to protect everyone from all evil eye so there was his cousin who supported her and was with her in same class. Things were good until that day come when I heard a news from my teacher that children

said rubbish things to her, make joke of her that she failed and because of that she suffered a panic attack and was in ICU. Many of our friends went to see her in hospital, but from that day she made herself strong and didn't make herself down when someone would say about that she failed now what will happen.

I thanked God for giving me a friend, who was so strong that she faced all the problems herself.

So I wish no should suffer alone and share their feelings with the person they trust the most because letting the thing inside ourselves will make us suffer so why do we suffer. We should cherish each and every moment make ourselves happy because we deserve to be happy.

At the end I would just like to say "**Be proud of yourself For how Hard are you trying**".

Cause the inner strength comes within you and sometime you have to fight your own battles and each one of us should know that we can't be depended on anyone.

Thank you