

**The Upside of Mental Health Challenges**

**By Annie Glynn**

In professions with stringent rules, those with OCD excel,  
They are conscientious, and maintain sterile environments quite well.  
While others may be content to leave items in disarray,  
Those with OCD meticulously arrange them in an organized way,  
Which can significantly reduce time spent looking through a pile,  
And improves productivity, making having OCD a tad worthwhile.

With ADHD, you have laser sharp focus on whatever interests you,  
Which at times bewilders others, who wonder how that could be true.  
Immersed in your passions, you get into a flow state or the zone,  
Time ceases to exist, and before you realize it, time has flown.  
Lacking a sense of urgency means you are not frazzled at being late,  
Au contraire, you remain in a cool, calm and collected state.  
Therefore, your blood pressure level does not spike one bit,  
Which is quite a good place to be, won't you admit?

Having mental illness is definitely not anyone's desire or choice,  
But through advocacy efforts, you can give others a voice.  
Wisdom and insight can emerge from the deep pain,  
When you shift your perspective, you appreciate the gain.  
You cultivate grit to deal with obstacles you encounter in life,  
Which may not have occurred without experiencing such strife.  
You may be inspired to volunteer your time and talents galore,  
And unexpectedly discover that it benefits you much more.  
You find purpose and meaning supporting others through their pain,  
And realize that your difficult experience has not been in vain.

Mental health challenges help you develop compassion and empathy,  
And dealing with adversity can lead to increased resiliency.  
What's meaningful and important in life becomes crystal clear,  
It's not the accolades or even material things that are dear.  
Rather, it's the love of family and friends that mean the most,  
They provide unwavering support and remain quite close.  
You can persevere and grow throughout the journey too,  
Cultivating strength and courage, to become a better you.