

The Shattering Souls and Minds - Women

Scream isn't always the course of action to showcase what's going on inside. A woman gives birth to a new life which in itself is so pure and magical. She plays many roles in her life be it of a daughter, sister, wife, mother, daughter-in-law, and the relations goes on.

From all the women of the world, there is a percentage who are treated like a princess, filled with love and support. But there is also a percentage who are treated like trash even at present.

The moment a woman becomes the victim of violence and abuse not only her body gets tarnished even her mind goes through the path of pain.

Mental health completely gets demolished and the peace breaks into multiple pieces, and it becomes impossible to recollect those pieces. According to reports 1 out of 3 women suffers from physical and sexual violence globally.

When a woman counters such scenarios she is not the only one who gets affected it's the whole family. The happiness of everyone goes at stake.

Victim of long-term violence and abuse starts developing anxiety, depression, high level of stress, and panic attacks. Even after knowing all the symptoms most of the women oversee it and avoid asking for a helping hand which no doubt is wrong. Some of you must be thinking that it is so easy to say all this because I am not in your shoes and have no idea how the one who goes through all this feels. I understand that it is difficult to seek help from others but trust me a professional help always proves to be helpful for you

Counseling sessions and therapies can do wonders and transform you completely. Some people completely ignore and takes the painful journey of a victim lightly and this is the reason why before reciting their whole tale they give it a second thought. But psychologists are there to listen to each and every word. We are ready to hear out about the trauma that you encountered. It will be difficult for you to go back to all those dark memories but this is the way to get them out of your life, until and unless you throw them out of your mind they'll keep on sitting on your soul too.

This will make your life hell, so stand up and make yourself stronger and stop being shy to ask for help. Don't torture yourself anymore, our brain is a crucial part of the body don't harm it any more. Your body is like a delicate plant don't let it lose its essence and beauty.

Every year we celebrate "International Day For The Elimination of Violence Against Women" to give people a reality check about the violence that still takes place with women. This year its theme was 'Orange the world-Fund, Respond, Prevent, Collect!' The day is to commemorate the Mirabel sisters.

Be and make a change by fighting against the violence. Stand up raise your voice to unleash the pain inside you.

By:

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