

silver--lining Podcast Scripts

Introduction

Have you ever found the world overwhelming and the people living in it unwilling to talk about their own overwhelmedness, or listen to other's? The saying "nobody is perfect" does not exist for no reason. Whether you are a teenager like me or belong to another age group and generation, it is safe to say that we are all looking for our place in this spinning world, and I don't think this enterprise ever stops. It's such a hard task because many obstacles lie around on the way. It's why I personally can't believe society still expects some of us to just overcome them all on our own. We need to be able to talk about our emotions without any hindrances or stigmas. We need to open ourselves up in order to prevent each other from spinning out and to make life more beautiful for us all. We need to talk about mental health.

Hi there, I'm Daniel! Lately, I've been questioning the meaning of "social distancing" during the current COVID-pandemic. Physical isolation has made me realize how useless emotional isolation is, and has pushed me to make the best use of my available platforms to help out others struggling in these difficult times or at any other point in their life. I may not currently be your friend or a family member, but I want to be your conversation partner. Someone who is always there for you. I want to remove the social barriers that make us feel like we can't talk about the way we feel. Optimism is awesome (we will get into that some other time), but, let's be honest, no one is optimistic 24/7 during their entire life (if you know someone, please have them teach me). Mental health is important every day and goes beyond preventing mental illness.

Stress, fear, sadness, tension, frustration and anger are just some of the issues we tackle in our daily lives. I am convinced that we can create a community here where we learn from, embrace and uplift each other, and educate society in the process. But let's cut the vague talk. What can you expect from this podcast and this new community?

Let me give it to you straight. Chronologically-ordered episodes about daily mental health issues and how I have decided to either accept and work on them for myself or seek help from others. More community content and regular day-to-day mental health advice and facts, on coming social media channels and a to-be-announced website. Possibly collaborations with other people from all steps of life and their own perspectives and experiences (nothing too formal though, we're keeping it real here). Maybe, in the future, an expansion to other platforms like YouTube. All that and so much more.

I can't wait to experience how far this thing can go and hope you'll stay tuned to find out. This is 100% me, and it is 100% for you. Let's share this silver lining and make it a better day!