



The power of talking, sharing and healing

by Siyu Liu

Master of Management (Advertising and Brand Management)

There was a time when I felt like I had everything under control – my schoolwork, my part-time job, my social life. But then sometimes I felt like everything had changed. No matter how hard I tried, I couldn't concentrate. Even the simplest tasks felt like too much. My friends noticed the change in me and asked, "Are you okay?" And I always answered, "I'm fine." But deep down, I wasn't. I was constantly tired, anxious and lonely. The hardest part was not dealing with the emotions, but the fear of becoming a burden on others.

This experience is more common than you might think. University life is full of passion, but it is also accompanied by stress, tension and self-doubt. In fact, it's okay to be unhappy. No one should struggle alone.

It is commonly believed that struggles should be kept to oneself – that emotions are a private matter. But repressing everything only makes things worse. Thoughts keep turning over, stress builds up, and what you thought you could handle starts to feel impossible. Talking about emotions is not about seeking attention, but support, connection and understanding.

How to heal yourself:

1. Acknowledge emotions – It's normal to feel overwhelmed, anxious or exhausted. You don't need a 'big reason' to feel bad. Mental health is just as important as physical health.
2. Ask for help from someone you trust – A short exchange, a phone call or an honest conversation with a friend, family member or lecturer can help.
3. Use support services – Universities offer counselling, student welfare programs and mental health resources. Always remember that there is no shame in asking for help.
4. Practise self-care – Healing doesn't happen overnight. Small steps like rest, journaling, exercise or setting boundaries can help rebuild emotional strength.

Think about it this way: when you are feeling lost and sad, someone says to you, "You don't have to go through this alone," and you realise that someone cares about you, listens to you, and doesn't judge you, and it makes all the difference. The first conversation can feel uncomfortable, but once the words are out, there is a sense of relief. We always expect ourselves to be productive, strong and successful all the time. But no one can be everything to everyone all the time. How hard a person struggles doesn't determine their fate, but how they take care of themselves does.

IT'S OKAY TO NOT BE OKAY



**TALK
SHARE
HEAL**

