

The Orange

How does it look and feel?

At this point, our former experiences with our struggles are telling. It's ok to be suspicious of people. That's a normal reaction for some people. But is it for you? What if you find everyone in the grocery store looking at you? What if everyone knows what you're thinking too? That's a scary world for anyone to live in. It is easy to say that the world you know is the world that turns on you, or what's confused you in the past may be the thing that confuses you again. And as things get weirder, how does that look and feel?

What's the difference?

If you too identify as a peer to the mental health community, you know the goal is getting back up when life knocks us down. The struggle is assumed, and compassion should be assumed as well. As we explore the feeling of Orange, I wonder if a good definition would be when the Yellow stops being something you can reasonably get back up from. Is the Orange the last chance to get help or the moment to brace for the impact of the Red. "Orange tigers must be careful". Can you remember being in the Orange before? To you, is the Orange different from the Yellow? What's the same? What's the difference between them?

Nobody's born knowing who Brian Eno is

Who is Brian Eno? Do you know this one? I didn't until my British friend put on a DVD of the Old Grey Whistle test for me to watch twenty some years ago. After he did, a doorway was opened to one of my favorite artists. I'm so grateful to have been introduced to Brian Eno when I was. If you don't know who Brian Eno is, that's totally natural. Babies aren't born with DVD's of the Old Grey Whistle Test! You have to be taught who Brian Eno is. The same applies to mental health treatment. There are many helpful tools and strategies available. There are also caring professionals at all levels of mental health treatment. As a peer, I've found help can come for anyone in the process. Feel free to ask questions and look for obvious signs that suggest someone knows what they're talking about. Do you have questions about the system you find yourself in? What are they?
