

News & Insights

Paralegal Kerry Blackburn shares My Mental Health Story with NALA's Facts & Findings – The Paralegal Magazine

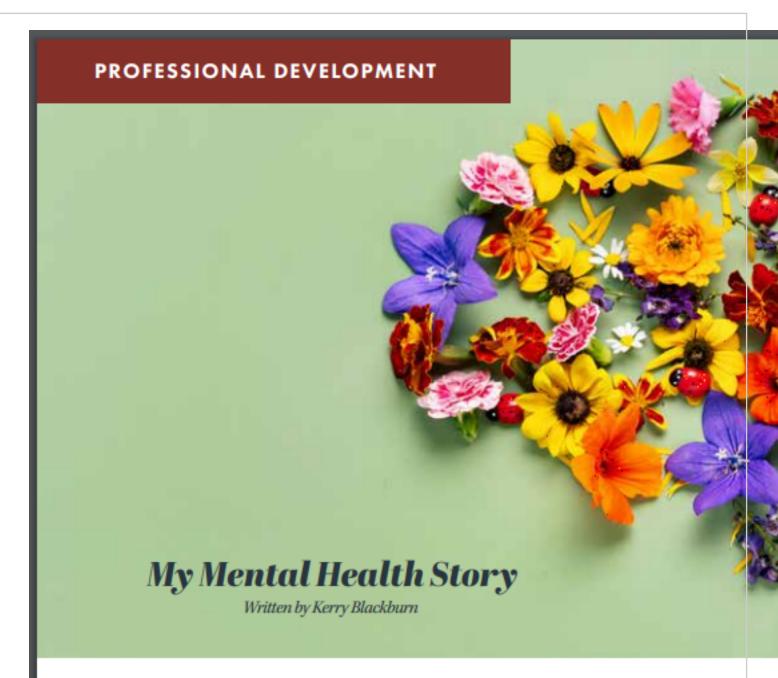
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By: Kerry Blackburn

NALA Facts & Findings - The Paralegal Magazine

OKC Paralegal Kerry Blackburn shared an article "My Mental Health Story" with NALA's Facts & Findings – The Paralegal Magazine. In this candid article Kerry shares her story of living with health issues and knowing when to ask for help.

Kerry adds "I have never hidden my struggles with my physical and mental health and if my story helps just one person, that is success to me."



n 2019, I was diagnosed with Hashimoto's Thyroiditis, which is an auto-immune disease. Soon followed the diagnosis of several other auto-immune diseases: Lupus, Sjogren's, Raynaud's, RA, and a gluten intolerance. I was also diagnosed with Fibromyalgia at the end of 2021. My mental health started really going downhill when I was diagnosed with Lupus in 2019 (shortly after the Hashimoto's diagnosis). I fought the flares, the pain, and the headaches while remembering to take my medicine. I had a new normal to get used to. I currently take 14 different medications throughout the day.

I had COVID-19 in March of 2020 with double pneumonia (I also had it in 2021 but not nearly as badly). Thankfully, I was able to treat it at home. I hated being home all the time. I knew I needed to be on medication for my depression from all the auto-immune and health issues that had been thrown my way plus the stress of the pandemic. It was hard to admit that I needed help.

spur and spinal stenosis. I had was in August to correct a TM muscles in my neck and jaw, ar to fix the bulging discs.

I remember on the day after my my hospital room and asked n my mouth were, "My headach cried. I thought I was going to

As a mom and wife, I thought formed coping skills, started o take time for myself when I ne

Today, I take medication and s the mental stress of working a www.hallestill.com

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In 2022. I was faced with a whole other set of health conditions

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