

My Mental Health Saga: Depression, Resignation & Frustration

Microaggressions, encouraging empathy and prioritizing mental and physical health.

March 30, 2022 By [Megan-Claire Chase](#)

I decided to make a little video instead of writing today. I explain why and give you a life update. So, hang in there and watch the whole thing. I just winged it while on a muscle relaxer that started kicking in towards the end.

[Megsie's Video](#)

Make sure to check out my 'About' page for the latest published writing and podcast guest episodes.

Until next time,

Warrior Megsie

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<http://beta.docker.cancerhealth.com/blog/mental-health-saga-depression-resignation-frustration>