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# 1. 2017

## 1.1 June

### **First blog post (2017-06-23 07:28)**

This is just a quick introduction to my blog. In this blog I will discuss my story in various parts, most likely not in chronological order. This blog will cover my struggles with various setbacks faced in my life.

My first post will cover, in-depth, my experiences in the past two years regarding school. I will try to cover many of the important parts of my life as well as discuss things that I feel like blogging about. Basically this will be a place for me to express myself through writing. I will try to update on a semi-regular basis but I honestly don't know if I will even write more than a couple posts.

I'm just gonna see where this goes. So come along for the ride.

### **Freshman Year of College (2017-06-23 08:34)**

Getting into college was my number 1 goal in high school, so you can imagine how excited I was when I was accepted into every university I had applied to. For the first time in my life, I had the choice in determining my own future. Do I move to Sacramento? To Fresno? To Chico? Or Turlock? Of course it didn't take long for me to realize that the best choice for me was none other than CSU Stanislaus. My dad lived a couple of blocks away from the school, so it was the smartest choice financially.

One of the conditions of enrollment was that I needed to meet minimal mathematical requirements. Math had always been my weakest subject, and so I had to take a remedial course to make up for not passing the Entry-Level Mathematics test (a test I ended up taking four times). And so, in June of 2014 (and at the age of 17) I officially started college. This was an early start math class. Every day for three hours I would be held up in a classroom re-learning all the shit I should have already learned in high school. The class lasted for a month and I missed only one day due to orientation. I ended up not passing, to my surprise. It was frustrating because I had to take the class again in the fall. Not to mention having to take that class at 8am. It really wasn't that bad since one of my friends also had class at the same time so I would be able to see them in the morning. We ended up going to the gym after class; which made things much more bearable.

So, in the fall of 2014, I started my first semester at CSU Stanislaus. College proved to be much different than high school. All I had to do was show up to class and take notes. It really was an easy transition. My performance in that remedial math class was not all that good. I made the mistake of taking the Credit/No Credit option when signing up for the class; I got a D, which translates to No Credit. I couldn't re-register for the class because there were no more openings for the Spring 2015 semester. I had to rely on the ELM test to get out of the hole.

In February of 2015, I took the ELM for a second time. I got a 40 (I needed a 50 to pass), and so I registered again and took it in May of 2015. Getting a 46, still four points shy of clearing my name. I was devastated. I have

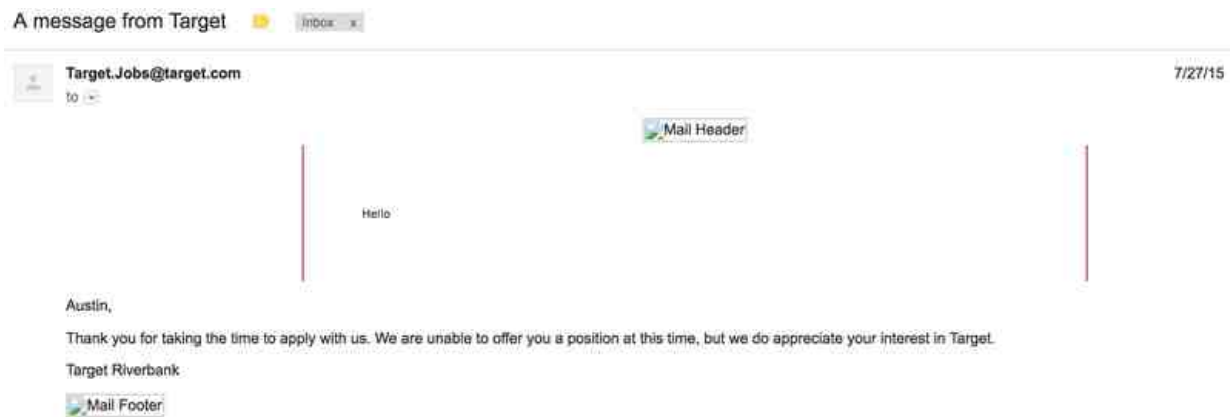
only ever cried twice because of test scores, both of them because of this test. I didn't know what i was going to do without school. I really had no other plans but college.

Finding a job proved to be very difficult. I applied to maybe about 30 different places. I got one interview at Target, and it couldn't have come at a better time.

This is the end of this blog post, stay tuned for what happens next...

June 2014-July 2015

## Freshman Year of College, Part 2 (2017-06-24 12:25)



Surprise! I did not get the job!

I had planned on making the best out of my job at Target, but plans had to change. I felt that I had to continue with my education; I did not want to be stuck in a minimum wage retail job when I could be in school.

During the fall of 2015, the job search was on. I did get a couple more interviews, but one of them was a dud because we couldn't find common ground on an appointment time. The other was for McDonalds, I no-showed that one because it was October and I knew that I was going to start at Modesto Junior College in January. Working for two months was not going to be worth it. So I had to pass on the opportunity to work because there were bigger things ahead. Sometimes you have to pass up an opportunity, it happens. I did lie and make it appear that i went, because I wanted everyone to think that I was trying; I really was trying, but at that point it was too late to work for a significant amount of time and I had pretty much given up trying to get a job. In the end though it all worked out for the best and I do not regret passing up that McDonalds job.

There really wasn't much of anything going on at this point, I was pretty much on an extended vacation. I suffered from depression because all I really wanted to do at that point is go to school. It was the lowest point of my short adult life. I felt that I had disappointed everyone and squandered my potential.

During this time period, I applied to MJC. I took their math placement test and placed in the exact class I needed to take. Unfortunately, getting into a math class at MJC was impossible because all the spots were taken

once my turn came to register. So, once again I was dependent on the ELM to get back into Stan State.

Most importantly, I was determined on going back. I knew that it was only a matter of time. Stay tuned for Part 3!

July 2015-January 2016

### **Freshman Year of College, Part 3 (2017-06-25 12:00)**

MJC wasn't part of my college plan.

I never expected or planned to go there. In fact I was one of those people who looked down on it. But, here I was. I really didn't need to go to MJC in hindsight, but I used to opportunity to take a class with another one of my friends from high school. I only had one class I had to attend in person, the rest were online.

In February, I scheduled my ELM test. The morning I went to take the test, I found out that my Student ID was not valid ID, so I couldn't take the test. I was furious, I had already been through so much and I couldn't deal with yet another setback. But, I needed to take this test. I went to the DMV and got my ID. Really made me frustrated that such a small piece of plastic is what separated me from the most important test of my life.

I was finally able to take the test in May, I had hope that I could start back at Stan State in the Fall (but I would find out later that i couldn't.) When I took the test this time, I didn't really study all that much. I felt ready, since I had studied extensively for the test in February. When I took the test, I felt like I knew everything I needed to know. I can't explain it but I knew that I was going to pass for sure this time. I ended up using all of the time given; and when I left the room, I felt satisfied with how I did.

A few weeks pass by and I decide to check my score. I was pleased to find a 54. As you recall I needed a 50 or better. Not only did I pass, I had a few points left over. I called my friends and family to tell them the news, I rarely ever make calls; but this occasion was special. I had officially made the most important step in going back to Stan State.

From there, I went to the school and got my Administrative Disqualification (the official status of my situation) cleared up. I was informed that I would have to wait until the Spring 2017 semester to go back. Also, there was a 50/50 chance that they weren't going to even open applications for that time period. Which meant that I would have to wait a year to go back. Fortunately, I was able to apply for Spring 2017 in August.

Since I had to wait until the Spring, I decided to take a few online MJC classes to prepare for my comeback. In this time, I relocated to Turlock, so I could focus on my studies. Going through the motions of re-applying for Stan State reminded me of when I originally applied only 3 years earlier. I felt a bit of nostalgia as I dusted off my old CSU Mentor account for my application. After getting everything together, I was accepted (as expected) and I went through the post-acceptance motions.

As I finished up with MJC, I couldn't help but be grateful for the opportunity to study in such a great school. It is really underrated as a college and definitely is worth going to. I did face one last obstacle though, MJC took too long to send my final transcript and Stan State received it a day before it was due. I was relieved because it would have been terrible to not be able to go back because of a transcript not being there on time.

I finally returned to Stan State on January 26th, 2017.

Stay Tuned for my the story on my first semester back!

The Comeback

**I'm here...Now what? (2017-06-26 12:00)**

I felt like I was finally home.

Returning to Stan State felt like a huge accomplishment. It came not too long after I felt like I was hopeless. But now I felt that I had redeemed myself and made everyone proud again. I knew I was going back, but I also knew that not everyone felt the same way. I proved the wrong

I also came back with a new major. Originally, I was a Criminal Justice major (a popular major, but really doesn't live up to the hype) I had switched to English because I felt that my talents were better suited for being an English teacher, rather than a cop. I also lost my passion for criminal justice, I also failed a CJ class at MJC which was pretty much the final nail in the coffin for me.

My English major classes were difficult at first, I actually really got into my British literature class, in hindsight that was probably my favorite class. It made me really enjoy and appreciate Medieval British Literature. I also took an American literature class. I had a harder time with this class because it was more complex as far as the readings went. I still passed with a C, which was fine for me.

I also took a Astronomy lecture, and lab. I always loved reading about the stars and planets, so it was a no-brainer for me to take these classes to knock out a couple GE requirements. I loved Astronomy lecture, because I got to learn so much about the universe and how vast it is. You really do not realize how big it is until it's put into perspective. Astronomy Lab was also a class I enjoyed. Unfortunately, the labs were meant to be done in pairs, and my lab partner either no-showed or already had the answers and didn't share them. I had to do two-person labs by myself for the entire semester. But that's okay, I work better alone anyways (would have still been nice to have someone competent to work with.) This class did present me some unique opportunities. I got to go on the roof of Naraghi Hall to use a telescope. There was also a big telescope on the roof that I got to use (pictured below)





I got to see the fine details of the moon as well as Jupiter. Seeing Jupiter was amazing. I had always heard about it, but to see it with my own eyes was just surreal. It really made me think about the universe beyond our planet. Really was an experience that I will never forget.

I also had a Public Speaking class that was probably my least favorite. I did well as far as speeches went, but the professor made it tough by making all my speech ideas look really bad, though I felt that he made my speeches better by doing that. I appreciated this class because I was also able to express my personality, which I don't get to do often. Making everyone laugh makes me feel great and having the opportunity to do that really made me like the class.

I also used the mornings to go to the gym, which helped me organize my day better because I would get up early to go and then have a few hour afterwards to get work done before class.

Honestly, my first semester back was good. I ended up doing pretty well, and I look forward to going back in the Fall. At this point I have two years left, and I am excited for what the future may hold. Whatever that may be.

Stay Tuned for my next post!

FINALLY THE ROCK HAS COME BACK...HOME

### **Financing an Education: My experience with the greatest Millennial problem (2017-06-27 14:45)**

If you've decided to pursue a higher education you know the hassles of having to figure out how to pay for school. When I started college, I was lucky enough to get enough in grant money to not have to take out any loans. But, when I came back in Spring of 2017, I had to take out a couple of loans to pay tuition. I honestly thought I was gonna go through college debt-free, but I was wrong.

It's a problem that my generation has to deal with. The economic climate makes it almost necessary to have a degree to get a good paying job. While you can get a good paying job without a degree, they're hard to come by.

We can't afford not to go, but at the same time, can we really afford to go?

With my current living situation, I am lucky enough to have a parent who lives right next to the university I attend, so I don't have to rack up my debt with loans for housing. I really am grateful for that; but, I also understand that not everyone is that lucky. The debt I face will only be a fraction of what I have seen others accumulate.

For me, it's about gaining financial security. Loans make up for the lost grant money. Now I did try to get some work for this next semester to make up for the loss, however, I was unable to secure a job. I have 18 units of classes (6 classes) that will eat up the time I get. I just don't have enough available time to justify being hired by anyone. I also have no work experience, so that played also huge part in it. So until I can get hired somewhere, unfortunately I am going to have accumulate debt.

In the end, I hope that this is all worth it; I hope that I will be able to get through the rest of my two years without much debt. I am hopeful I can get a job in my field, but at the same time I am nervous that I won't be able to find any work afterwards. Already, I have faced and overcome so much, but that struggle is not yet over.

It won't be for a long time.

Subscribe for direct updates on new posts!

## 1.2 July

### **Blog Update (2017-07-06 12:48)**

I haven't really been posting much since I made this blog.

I really haven't felt like making this was worth it, I wanna write more but I am discouraged because I only get a couple of views anytime I post. I will try to write more but I don't know if I really want to.

Regardless, I will try to write more soon.

## 1.3 August

### **Last few weeks of Summer (2017-08-01 12:00)**

As the summer starts dwindling down, I slowly start to realize the mistake I made of registering for 18 units. I am dreading it, but when I finish I will be able to go on to upper division classes. But, for now, I am just going to relax and enjoy the free time that I have until then.

I have been working on driving. I had anxiety towards driving and always put off getting my license. But now I have decided to try and overcome it, so that I won't have to rely on others so much. I have got more comfortable with the idea of driving. I have my behind-the-wheel test in August, so I feel like I am ready for that. I'll also be getting my brother's old car. So I am already set, I just need to pass the driving test.

I have been on a few trips as well, so far this summer I have been to Monterey, Pismo Beach, Santa Cruz, San Francisco, Lake Tahoe, and Davis. I didn't really anticipate going to so many places, I figured I wouldn't be doing much of anything this summer. But I feel like this one has panned out to be really good.

I also turned 21 on July 22nd. I don't remember much of this.

I have also been working on a short story for a side project that I am doing. I am thinking about publishing a book of short stories and poems. I have one story almost done (It needs some editing) but so far it looks good. I have an idea for the next story, but I won't get to that for a while.

These were just a few things that I have been up to this summer. I will try to update this blog when I am not feeling too lazy.

### **And so it begins, again (2017-08-22 12:00)**

Today is the last day of my summer.

Summer of 2017 was probably much better than it had any business being. I really didn't expect much out of it, but it turned out to be pretty good; much better than anticipated.

Tomorrow I head back to school in what will be the second half of my sophomore year. I am excited because I am about to finish up my General Education requirements. But I am also excited because I will be minoring in Computer Science.

I was introduced to the program by my best friend who is a computer science major. I have always been interested in technology (computers specifically) and I am excited to see where the curiosity in computers will take me.

All in all, I already contemplated on the summer enough. I am ready for this next school year and I hope to take me education farther.

The future looks bright.

## **1.4 September**

### **Breaking into the new semester (2017-09-02 12:00)**

This first week of school has been really good for me.

I have been working with the Computer Science club here at Stan State. I got my foot in the door as a graphic designer, and now I am the head graphic designer for the club. I already even have my own team set up.

I also helped recruit new members earlier this week in a club fair. Which was my first time participating in a college club fair. Pretty much this first week helped bring me into the networking side of college and really showed me that I needed to do much more than just go to class.

My class schedule proved to be a lot easier than I anticipated. On Tuesdays and Thursdays I have class from 8am all the way to 5pm. I have plenty of break time between classes. It really isn't that bad, though I feel a bit out-of-place since I am a couple years older than the other students.

I am looking forward to seeing what happens next week!

### **Struggles of Failure (2017-09-18 12:00)**

Nobody is perfect.

That's a statement that is repeated pretty often. Throughout life, it's somethings that is drilled deep into your conscious. Anytime you ever fail, it comes out of the void to reassure you that everything will be okay.

This past weekend I had to understand that I am not perfect and everything that I do requires effort and dedication. So you might be wondering, what happened?

I failed my second driving test.

I thought I was doing okay, I have all the basics down, but I make an illegal right turn on an intersection which got me an automatic DQ. What got me was that I didn't see that there was a light specifically for the right turn. If I had even seen it, I wouldn't have thought it was for the turn. At the very least I made sure the intersection was clear. I would have been fine if the light wasn't there.

I have seen LED signs for no right turns before, but those were more obvious. This one was very subtle and I wouldn't be surprised if lots of other people make the same mistake.

This is the second time I got an auto DQ. The first time was because I merged into the bike lane without checking, a mistake I corrected in the second test.

I have my third test next month, and I am scared. I am scared that I will finish the course and not have enough points to pass. I am scared that I will get another automatic DQ. Most of all, I am scared of failure. I already feel terrible for trying to get my license at 21 instead of 18. Not being able to pass makes me much more embarrassed than I already am about the whole age thing.

I really do wonder how people are able to pass the first time without making a mistake.

## 1.5 November

### **Living With Generalized Anxiety Disorder (GAD) (2017-11-08 12:00)**

Before you start, it is important that you visit the link below and read up on Generalized Anxiety Disorder.

<https://adaa.org/understanding-anxiety/generalized-anxiety-disorder-gad>

Late last month, I was diagnosed with Generalized Anxiety Disorder (GAD), I wasn't really all that surprised. My entire life, I have had worrying thoughts.

When I was younger I used to constantly fear being bit by squirrels, falling and cracking my head open, and drowning. These fears seem irrational now, as these things don't happen often, but when I was around 7-8, these were some of my biggest fears.

As life went on, these fears changed and weren't as bad. Until I reached high school.

I think the turning point was when I was in high school; anyone who knew me back then could tell you that I was almost always depressed. I didn't really know what Anxiety was back then, I always figured it was just nervousness and that I shouldn't worry about it. But here's the thing, with GAD you worry about everything.

I had anxiety throughout my junior and senior years, it was at its worst during my senior year. It's caused a lot of struggles with friends who didn't really understand the condition I was in. To be fair, neither did I.

Everyday life with GAD is a struggle. Especially when others don't understand your condition. Constant worries about everything from walking home, to hanging out with friends, and any regular everyday action that most people don't give a second thought to. Even if you have nothing to worry about, you will find something.

To get an idea of what it feels like, imagine having the nervousness of public speaking, but every day for a variety of different things. And even when you aren't feeling nervous, there's the worry about anything and everything. It's hell, and certainly knowing someone with this condition really can't be easy. You have to understand that people with this condition know that what they're doing is irrational, it's just sometimes they can't help it.

For me, I have been on medication for a few days now, and I gotta say, the anxiety really hasn't been as bad as before. I feel very neutral now. Sometimes I will get a bit of depression or anxiety but it isn't as intense anymore. I've also gone to counseling to get help for the condition. This has really aided the alleviation of my symptoms. I am not cured by any means, but I am able to live life without worrying so much. This is because I decided to get help for my condition. The biggest part of how I've been improving is because I want to. That is how you tackle mental illnesses like this, you have to want to be helped. It's an internal struggle, but you are going to win if you put in the effort. Depression and anxiety can be beat, you just have to open yourself up to being helped and use your resources to get better. I understand that not everyone has access to these resources and so I will provide links below for self-care, but it's always very important to get professional help as soon as possible.

Anxiety is something we all deal with. It can be overcome. We have to allow ourselves to be helped, otherwise the anxiety will win. You have the power, I have the power, and we can all beat anxiety.

Links for self care tips:

[https://www.huffingtonpost.com/entry/self-care-tips\\_us\\_5886322fe4b096b4a2333021](https://www.huffingtonpost.com/entry/self-care-tips_us_5886322fe4b096b4a2333021)

<https://psychcentral.com/lib/how-clinicians-practice-self-care-9-tips-for-readers/>

<https://greatist.com/happiness/ways-to-practice-self-care>

Some of these tips are good, you can look through them and see what works for you.

Links for tips on dealing with someone who has anxiety:

<https://www.adavic.org.au/PG-health-tips-how-to-cope-with-and-help-a-loved-one-experiencing-anxiety-and-depression.aspx>

[1]How To Handle Someone Else's Anxiety or Panic Attacks

<https://adaa.org/finding-help/helping-others/spouse-or-partner>

[https://www.huffingtonpost.com/2014/02/17/things-not-to-say-to-some\\_n\\_4781182.html](https://www.huffingtonpost.com/2014/02/17/things-not-to-say-to-some_n_4781182.html)

<http://www.anxietycentre.com/anxiety-tips/15-ways-to-help-someone-with-anxiety-disorder.shtml>

<https://www.psychologytoday.com/blog/in-practice/201607/how-help-someone-anxiety>

These links provide many great tips on how to deal with someone who may be experiencing anxiety and/or panic attacks. It isn't easy having these things happen, and with this knowledge you can help ease that person so that they can get through it.

1. <https://medium.com/@gtinari/how-to-handle-someone-elses-anxiety-or-panic-attacks-51ee63f5c23b>

### **Follow up on my previous post; My first week on Medication. (2017-11-12 11:30)**

First of all, I wanted to thank everyone who read my previous post. My post about living with GAD is my most viewed post by a long shot. I think it's important to open up a dialogue about our mental health, to show others that they aren't alone; and, to eliminate the negative stigma against mental health.

I was glad to see so much support, it really meant a lot to me. I hope you all know.

So, it's been a week since I was given my first prescription to help with the anxiety and depression. I had always wanted to try and see how medication would help me. I was told beforehand that it wouldn't be a "cure" but it would help take the edge off. I'll admit that it worried me to hear that, since I just wanted my condition to be gone and over with. Of course, there is no cure for something like this, and I had to accept that.

Trying medication was also a bit scary. I have heard stories about people not reacting well to their medication (or it not working at all). So I was worried about how my experience would be. Not to mention, how much the side effects would get me. I was advised by my counselor to ask about the side effects. None of them really sounded all that bad. If I was going to better my mental health, I was willing to deal with the small side effects.

I was given [1]Duloxetine which has some small effects. In my first few days, I felt most of them. Luckily, I didn't get any suicidal thoughts; this was progress as they had plagued me over the last few weeks. As time went on, I got more used to the medication. Right now, I don't really think I felt any of the side effects in a few days.

The medicine did help. It didn't get rid of all the Anxiety or the Depression, but it did make me feel more neutral. My worries were fewer and farther between. I could actually think and pay attention clearer. I no longer deal with random feelings of nervousness. I have nervousness, but it goes away pretty quickly. My depression hasn't been as bad, I certainly don't feel as sad anymore, depression hasn't hit me that hard yet.

So far, I would say the medication is working fine. Though, it's only been a week, so I'll make an update in three weeks on how it turns out.

I wanted to provide some information for others who might want to better understand anxiety and what to look for. This [2]list of thinking traps is something my counselor gave me to help me recognize and identify the

thinking traps when they happen. It is worth taking a look at even if you don't have an anxiety problem. Also, remember to always practice self-care, you matter and you should try and take care of yourself as much as possible.

Thank you!

1. <https://www.webmd.com/drugs/2/drug-91490/duloxetine-oral/details>
2. <https://www.anxietybc.com/sites/default/files/ThinkingTraps.pdf>

### **Dealing with stress under GAD (2017-11-15 11:15)**

This week, I registered for classes for next semester. Of course, this wasn't a smooth process, as I had to wait to get advising before I could register. I had to wait a whole day before I could get the advising, with my GAD it was rough.

I knew that all I had to do was wait until the next morning but it still didn't help with the worrying. I was in a crisis so to speak. But the thing is, this really wasn't that big of a deal. Because I had two days of time available for me to register for classes and I was hung up over something that will easily be resolved.

That is what life with GAD is like, things that really aren't big deals become almost life-or-death situations, even though you know that things won't be that bad, the worry just consumes you and blocks any foresight. Meaning I can't imagine what things will be like afterwards even though it is highly likely that everything will be okay.

This situation really was a test of my medication and understanding of my condition. I was able to recognize the thinking traps I was in, but it still didn't seem like enough. I still have a long way to go when it comes to managing stress along with my condition, but I am confident that I will be able to in time.

After I got everything with my registration taken care of, I felt great. I had a few other things to take care of, but those were no problem. I felt no anxiety afterwards, which is a wonderful thing.

I figured this was a great time to explain what stress is like with GAD, when it's still fresh in my memory. While it is hell, it can be overcome. Thank you for reading!

### **The other end (2017-11-19 13:51)**

Anxiety and depression seem to be the peanut butter and jelly of mental illness. They'll almost always go together. I have spoken extensively on my experiences with anxiety. Sometimes, it tags out and lets depression have the it's turn. This past week has been (and still is) a pretty bad depressive episode.

I've dealt with depression for a pretty long time now, November seems to be the one of the worst months for this; my depression is usually at it's worse in the Fall.

My depression makes me feel worthless, like I'm just not good enough. Most days I have to push myself to do anything, but when I am depressed, I just don't have it in me to push myself. So, I end up hurting myself



(figuratively, not physically) and it's all around just a bad time.

Things like this make me wish I was normal, that I didn't have to deal with this so badly. Don't get me wrong, Depression is normal, but I just wish that it didn't hurt me as much as it has.

While, I am on medication. It can only help so much. Some days, it really is just not enough. Some days counseling just really isn't enough. It's an internal battle that some days just can't be won. Despite this, I have to continue fighting it.

I have found that writing and sharing these things really helps me out. Writing is something I have always enjoyed, so being able to write out how I feel has helped alleviate the problems. Being able to share these thoughts also makes me feel better.

With that being said, I hope all of you have a great Thanksgiving week, I'll definitely be writing more posts after the holiday!

### **What I am thankful for (2017-11-22 12:23)**

This Thanksgiving it is important to remember the things we're Thankful for. I know my previous blog posts have been pretty dark, so I wanted to post something more positive. So here is a list of things I am thankful for.

- Psychology (and Psychologists): I am thankful for this, specifically because through this, I was able to figure out what was wrong with me. I really am grateful for the care I have received.
- Family: I am thankful for those who cared enough to be there for me to help me get the help I needed. For that I am grateful
- Education: Not having school really made me appreciate it so much more. Now that I am in school, I really can't help but appreciate it more than when I was here previously.
- Friends: The few that I have left, thank you for being there despite my bullshit.
- Youtube: For keeping me entertained this past year, I never knew how great of a place it can be.
- Pizza: I can always count on pizza to make me feel better.
- String Cheese: Just too good.
- Energy Drinks: They're bad for me but I can't help it.
- Graphic Design: One of my side skills, always enjoy doing it. The satisfaction of making something good is always nice.
- Writing: I enjoy writing, though I don't always enjoy sharing it.
- Gummy Worms: It's my go-to when I am in the mood for candy.

- Starbucks: Always nice to get myself a treat every now and then.
- Apple: My MacBook, iPhone, and iPad are things that I use daily, and I couldn't be happier with them.
- Baths: They're one of the best self-care remedies.

This is just a small list of things I could think of off the top of my head. I hope that you have a good Thanksgiving!

### **Closing out the [Worst] Semester (2017-11-29 11:30)**

When I made my schedule for this semester, I was excited to have to go to class only three days a week. It was a bad idea. Four classes in a day is really draining and even though I had the next day off, it just never felt like it was worth it. It was tough keeping up with work and staying on campus from 8am to 6pm; while the 12 hour day got easier as time went on, it just always felt too long.

Not to mention the emotional stress that led to me going to counseling and eventually leading to me getting my diagnosis as the anxiety was made worse over the semester.

Not to say that this entire semester was a drag, there were some great moments. Seeing Imagine Dragons in October was definitely the highlight for me. Exploring Computer Science through the club and doing Graphic Design was also a nice experience. There was also the counseling and diagnosis that I would call positive, since I now know what is wrong with me (and that I am not the only one). So there were a few things that I think were good, I just feel that overall, it was just not very fun.

Another problem was that since I was finishing my G.E.s, there weren't really any classes I was really passionate about. In the Spring of 2017, I had so much fun exploring Medieval British Literature and Astronomy. Doing things that I really enjoyed. This semester felt like I was phoning it in most of the time, as everything felt kinda dull and boring. I did enjoy my creative writing class, however, it was mostly reading rather than writing. My Intro to Philosophy class was also kinda interesting, but it really depended on the subject.

Next semester I have a much lighter schedule, and I am looking forward to a few of my classes. I am taking my first upper division classes, Astronomy and English 3150. While finishing the rest of my G.E.s for lower division. I am also starting on Computer Science; as well as taking a Judo class. So it looks like it will be a lot of fun. I think I will enjoy next semester so much more.

Next week is my last week before finals. I am just glad to be done.

## 1.6 December

### **Growing Pains (2017-12-05 10:25)**

This week was my final week of the Fall 2017 semester. Today, I feel like a completely different person than when this semester started back in August.

It's been a long journey of Self-Discovery. I now understand myself more than ever. With my GAD diagnosis, I feel like I have more control over my mental state as well as life in general. While I still do get anxious about things, it isn't nearly as bad as it has been in the past.

Looking back, it's hard to believe I went so long without knowing what was wrong with me. I wish I would have known sooner, but hindsight is 20/20.

Though, it's important to not that I am still learning about myself and GAD, there's so much more to it than I already know, so there is still a long road ahead in that regard. I kinda wonder what will come of it.

In regards to things like depression, I still deal with it as it comes. I now have the tools and ability to fight it off. My medication has helped make it easier to overcome. I don't get it nearly as often anymore. These days I will go between having anxiety or depression, never both at the same time. It's not so bad, with medication and counseling I have been able to handle it much better than I used to.

When this semester started back in August, I didn't think I needed counseling or medication, I always thought I could handle it. Turns out, I couldn't. My condition drove friends away and put me in a really dark place emotionally. After that, I knew I had to get things in order.

Never did I ever think I could ever beat my mental troubles, but today, I am winning more and more. There's still a way to go, but I am nowhere near where I started.

### **Life updates, Blog Redesign, that sort of thing (2017-12-11 11:30)**

I am now on Winter Break, which is pretty early, but since none of my classes had their finals during the allotted finals times I get to have an early break. I don't go back until the end of January, so this is going to be a while.

As you have maybe noticed, I redesigned the blog. I feel like this format is easier to navigate and find older blog posts. I have a bit more experience with Wordpress now, so I was able to make my blog a little more presentable.

As for my mental wellness, I've been doing pretty well these past couple of weeks. I think the medication has been doing it's job pretty damn well. I've been able to show my humorous side more recently, which has been good on my mental health. The things that were bothering me before aren't really getting to me all that much anymore.

I've felt bits and pieces of anxiety, but nothing I can't handle. Depression has been coming and going, but nothing I really can't handle. But I've been completely fine on all fronts.

It does scare me a bit, I think it might be the GAD; but whenever there is a time where everything seems okay, I start to worry that things will go wrong. I feel like I can handle whatever comes my way, so until then I will enjoy the peace.

I don't really live an interesting life so this is just a small update on things for anyone who might be curious. Until next time, thanks for reading!

### **Sleep Paralysis, Yes I had that too (2017-12-13 10:36)**

I must have been 12 when I experienced sleep paralysis for the first time. I heard what sounded like a baby crying, when I woke up there was nothing. It freaked me out, but I eventually went to sleep. I had woken up paralyzed before when I was younger, but never heard anything like I did that night.

I hear stories about people seeing things while in sleep paralysis, but I never did. It didn't make it any less scary for me.

Most of my experiences happened throughout high school. Usually during extremely stressful times. I remember getting it while going through a stressful relationship my Sophomore year.

Sometimes it would happen randomly. I remember one night after a track meet during my junior year, I had a really intense episode of this. I felt like there was someone in the room with me and I was terrified. When I was able to move, the feeling didn't go away. I reached out to whatever it was I thought was in the room. Then I feel asleep again.

I also recall another night where I heard a woman screaming.

So, when I experienced this, I would hear a ringing in my ears and it would get more intense. Before I knew it, I lost all feeling; as much as I tried, I could not make my arms or legs move. At this point, I would hear whatever my mind decided to cook up for this episode. It would be anything from somebody mumbling, to screams, to crying, to just about anything.

I've been able to stop it before, when I hear the ringing I can quickly wake myself up. But otherwise I haven't experienced sleep paralysis in a while. It's pretty terrifying how your brain can do this sort of thing. It's like watching a horror movie or playing a horror game, just because it isn't real doesn't make it any less scary.

Thanks for reading! I am currently on Winter break, so expect to see a bunch of blog posts in the next few weeks.

## 2. 2018

### 2.1 January

#### **2018, Looking ahead to the New Year. (2018-01-10 11:30)**

I know I am a bit late on this, it's been 2018 for a few days now and I am just starting to post this. Between hours of playing Star Wars Battlefront 2 and being lazy, I haven't felt the need to write. But I figure now would be a great time.

My New Years celebrations were great, I managed to conquer my anxiety and have a great time. Christmas and the celebrations surrounding it were great as well. The last few days of 2017 were pretty good, and I am glad to have ended the year on a positive note.

I hope that this year brings great things. Last year had a lot of tough times that I didn't think I could make it through. I hope this year will be easier. Sure, the hard times made me a better person, but I could really use some better times.

This upcoming semester fo school will mark the beginning of my Junior Year. It'll also be a much more pleasant schedule, as I will be taking classes on things I enjoy, rather than just phoning it in on GE classes. Plus, I'm not doing an insane all day schedule.

My problems with GAD are still there, but I am able to overcome them much easier. The worry is still there, but I am able to fight it and now it's not affecting me as much. Depression is always gonna be there, I am still working on that. But otherwise my mental health is doing much better.

I'm keeping my expectations for 2018 low, that way I don't get disappointed if it turns out not too good. Well, I guess we'll see how this goes.

#### **Now answering YOUR questions! AMA (2018-01-14 20:46)**

Have you ever had any questions regarding me, my experiences with Generalized Anxiety Disorder, or anything in general? Well, now is your chance!

<https://myendlessstruggles.sarahah.com/>

Submit your questions at the link provided and I will answer them in a blog post later this week. I look forward to answering any questions you have!

Side note: I'm using Sarahah because it is anonymous and I understand that a lot of you may be more comfortable with that. If you do want your name featured, just leave it in your question.

## Answering your questions! (2018-01-17 11:30)

What's goes through your mind when you're anxious about something?

Worry. I feel like I absolutely have to do something or else I'll regret not doing it. Other times it's the worry that I won't be prepared in time. Another way to put it would be like, imagine if you extremely stressed out about doing something as simple as getting ready for something or saying something to someone. Once I do the thing, I feel better; but under certain situations like saying something to someone, I immediately start analyzing every word I said and wonder if they understood what I was saying or took offense to it. So even if I do it, I still feel anxious about having done it.

What tips do you have for someone who would like to start a blog? How do you get people to read your posts?

Use social media to promote your posts. Personally, I like to tweet out a link, post about it in my instagram story, and then link it in my snapchat story, and sometimes I will post a link to Facebook. Never spam, since that would turn people away from your blog. If you can get others to share your stuff, that's great too.

Try to brainstorm topics too. I have a lot of trouble figuring out what I wanna write about. Usually something interesting will come along and the post will practically write itself. But, you also have to understand that not every post is going to be a hit, sometimes it works sometimes it doesn't, just gotta keep writing until you find your groove.

How did you get so many followers on your blog? (685)

I connected my Tumblr and Twitter to my Wordpress account, so it adds those onto my followers.

What made you realize you had a problem with anxiety?

Everything was at it's worst; I had become passive aggressive, everything made me anxious. Everything I had described in my first answer. It got so bad that it irreparably destroyed my friendship with my best friend at the time. After the falling out is when I decided to go to counseling and eventually a Psychiatrist who diagnosed my GAD.

What do you think of those people who say depression isn't real?

Some people are fortunate enough not to have to deal with it. While, it is a nice existence to not have to deal with such a damaging illness, you really shouldn't comment on things you have no experience with.

Is it hard running a blog?

It depends on how often you want to write. If you want to get a new post every day, it's going to be difficult. If you just go at your own pace, it's not too bad.

What are you looking forward to this year?

Things getting better, I guess. I don't really know what to expect for this year, but I hope it turns out good.

Thanks for the questions!

## **Feeling the Blues (2018-01-25 19:48)**

Sup dudes.

I just started the Spring 2018 semester.

Been Depressed for the last couple of weeks as well, my medication is running out next week, so I will have to figure out what to do about that. Since I didn't get refills when it was prescribed, I have to wait until my appointment with my psychiatrist in March to get anything new.

On the bright side, I plan on going back into the gym. It was a good stress reliever, and I had to stop going because of anxiety and scheduling issues. Since I use the school gym, I have to go at a time when not too many people are there so I can use whatever I need without waiting.

I'm also taking a judo class, which seems like it'll be fun. I always wanted to get into a martial art. Plus, I always figured I'd take a class like that when I got to college.

I have also been doing lots of self-care. I bought a ton of new clothes and shoes. For the first time in a very long time, I feel really confident about the stuff I'm wearing. It's great. I also got a 4k TV, I've been talking about getting one for a while now, and it's really nice. Being able to watch stuff in 4k is absolutely amazing.

I also bought a bunch of new blankets, they're pretty cozy.

I am gonna try to write more blog posts about whatever, stay tuned. Thanks for reading!

## **2.2 February**

### **Fighting Depression through Fitness (2018-02-02 18:26)**

When the Spring 2018 semester started, I decided to take up one of my old habits.

The gym.

I wasn't always into fitness. When I was younger, I didn't like it very much. I thought running was stupid because it would just make you tired and puffy. Getting rejected from my Junior High's basketball team also made me resentful to working out because I felt that I couldn't do it.

It wasn't until my sophomore year of high school that I found the confidence to work out. I took a weight

training class that helped me understand how to lift weights, I started running more too. Going at my own pace made me realize that I didn't need to be a top tier athlete to appreciate fitness.

This was also the first year I did Track. I was a Shot-put and Discus thrower, which required speed and strength. It gave me a reason to work out. While, I wasn't a top name (I was always ranked towards the bottom) I had a lot of fun and grew to appreciate fitness to a whole other level. Later that year, I started wrestling conditioning which was grueling but I grew to do pretty well at it. I didn't end up doing wrestling that year (for a variety of other reasons) but again I grew confident in my abilities.

When I got to college, I started going to the Student Gym. At first I went with my best friend [at the time] but then I started going on my own. So far, I have been going to the gym daily every semester, except for Fall 2017.

The gym helps me fight depression. It's really helped me build confidence in myself as well. So far, it's been the most successful anti-depressant. It has also helped with Anxiety as well. I am really glad I decided to take it up again.

I also recently started Judo. It's built my confidence so much. I didn't know I could do some of the things I learned in Judo. But now, I know how to flip people over using a hip toss. Which makes me feel great. I will probably write a separate blog post about judo later on.

Once again, thank you for reading! I've been keeping this one in my drafts for the past week, I just got around to writing it tonight. Stay tuned.

### **Still Fighting (2018-02-17 15:18)**

I don't like writing about the same few things but here I am again.

I have been going through a pretty heavy fit of Depression, I briefly felt better this past week but fell back into this heavy Depressive episode. I really have to push myself to do anything anymore. Whether it's going to the gym or going to class, I really have to try.

While my problems with Anxiety have been under control; I still have my anxious worries, but I am in better control of them.

I don't really know if writing about it will help much, but I'm giving it a try.

Gonna keep this post short because I really don't have much else to talk about. Thank you for reading!



## **Something to fight for. (2018-02-22 12:36)**

If you've been reading my blog, you'd know that I've been taking a Judo class at my University. I originally decided to take it because I've always wanted to get into the Martial Arts but never had the opportunity to do so. I also have a Physical Education GE requirement, so it gave me even more of a reason to do it.

It's been about four weeks since the semester started; and every week I've had to engage in controlled combat for two hours on a Tuesday evening. I've never experienced anything like this before, and I love it.

I came close to doing Wrestling in High School twice. The first time, my freshman year, I felt I wasn't good enough to wrestle. I wasn't very well conditioned, I didn't have the appreciation for fitness that I have now. I gave up instead of trying.

My junior year, I went into training for wrestling and by the time it was done, I actually felt like I could do it. Unfortunately, I didn't have the grades to do it. My wrestling dreams never really came true.

Judo is very similar to wrestling, you have your ground submissions, takedowns, all that good stuff. A lot of it seems familiar, as I had picked up a lot of wrestling moves from my brother. I am also a fan of Professional Wrestling, where I picked up a few things too. It's all good fun, really.

Judo has these throws that you learn in the first couple of weeks; I was really nervous about starting those because I had never really thrown anyone like that. When I started doing them, it just became natural. Grabbing a person's arm and tossing them over your shoulder isn't really as hard as I thought. It's all technique, really.

Judo has helped me gain tremendous amounts of confidence. It leaves me feeling great, knowing I can toss other people around if I ever needed to do so. Which I honestly hope I don't. It has really been the only thing that has actually taken away depression and anxiety for longer than a few hours. In fact, during my last class, we did some sparring and I was able to take a guy down and make him tap just from what I had learned in the past month. It was a great feeling, which helped make the next day brighter.

Judo certainly has been the best medication for me.

## **2.3 March**

### **Out of the Storm (2018-03-25 10:36)**

I haven't written here in a while. I've been so busy with school and everything that I forget to write about stuff.

I recently had my final meeting with my counselor. I felt that I'm in a good enough place mentally to be on my own at this point. My anxiety symptoms have gone down, I don't get depression as much anymore. I really feel like I've made it through the tough parts.

Don't get me wrong, I still deal with Anxiety; but it's just not as bad as it used to be. Though I don't think I've have depression symptoms in a while. Of course those can always come back. If they do, I know how to handle it.

These last six months have been a hell of a journey. I've become a better person as a result. I'm actually really looking forward to where things go from this point.

## 2.4 May

### Writing in code (2018-05-03 22:19)

I haven't had the time to write lately; I've been busy with Computer Science Club duties and Programming homework. As you probably already know, I'm minoring in computer science. It's a brand new concept to me and I'm really enjoying it so far. I'm only a beginner and I'm only doing Java right now but I've been able to do some cool stuff.

Being able to create a program and making it work the way you want is a great feeling. I don't remember getting this into a school subject before, aside from English.

Also, the Computer Science club activities are taking up a good amount of my time. I enjoy having an officer position in such an important club. I'm really looking forward to seeing how far the club goes. I'm doing social media and graphic design duties, which is pretty fun. I've been doing graphic design for a while now, and it's always nice to continue doing it because it's so easy for me to do.

One of my proudest moments in programming was when one of my friends asked for help making his program work, I had him send it to me and after two hours of working on it, I got the program to work exactly the way he needed it to. The program contained While loops, and I hadn't had much practice with those. So I was able to figure out how they work and how I could use them better.

This summer I'm thinking about maybe working on a simple iOS app, I feel like I'll have the ability to make something cool. But, we'll see how that goes.

If you're interested in seeing some of the code I've written, here is my [1]GitHub, thanks for reading!

<https://gist.github.com/endlessrequiem>

1. <https://gist.github.com/endlessrequiem>

### Becoming a Developer (kinda) (2018-05-13 10:22)

So as you readers already know, I've been dabbling with computer science for quite a while now. I finally did something that I'm really proud of. I made an Android app.

4:25     LTE  

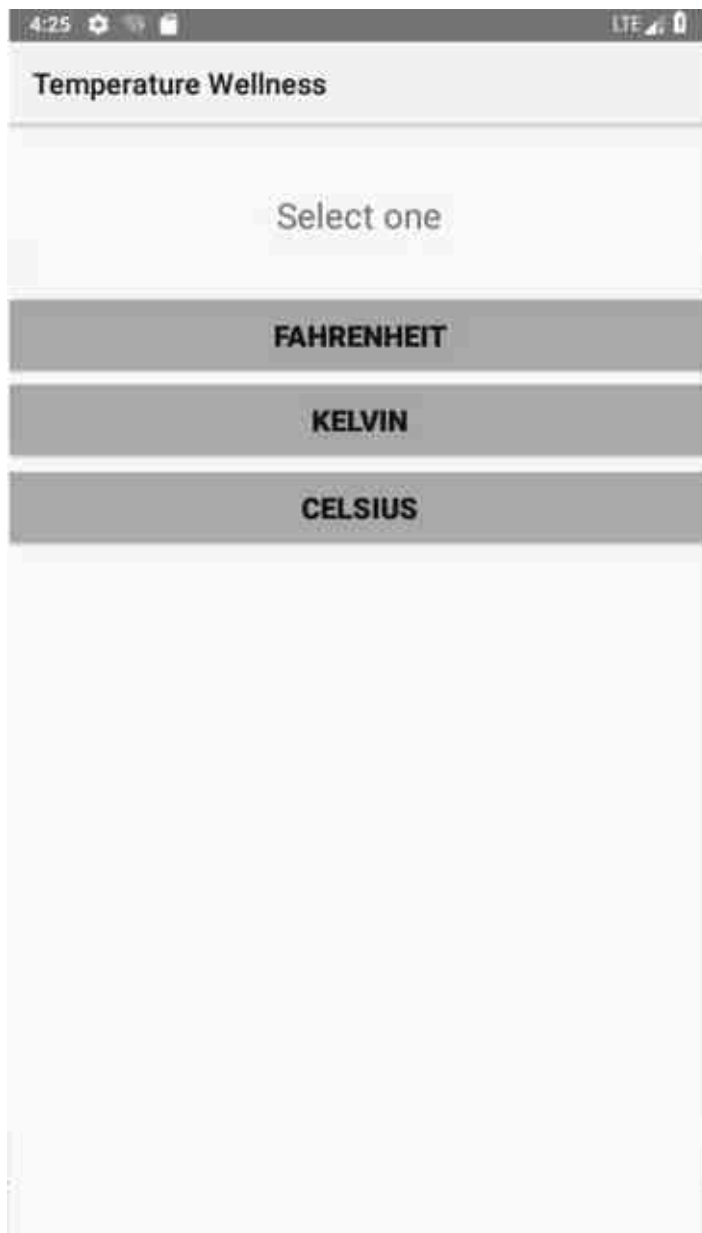
### Temperature Wellness

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## Fahrenheit

98.6

1	2	3	-
4	5	6	_
7	8	9	
,	0	.	



It took about a week to develop, which was about 12 hours of my personal time. It was mostly learning how things worked and how I could make the program. I ran into a lot of issues during development, the biggest one being the app crashing during start up. There was also an issue of the app crashing when you'd put a decimal number in the temperature box. But with some googling and on-the-spot thinking I was able to make it work.

My programming experience at this point is pretty small. Before this, I had only made Java programs in Eclipse, they didn't require much work. As far as classes go, I really only took Programming 1 so far. With what I learned in there, I was able to get going on this. Though, I was unprepared for a lot of what I was running in to. Still, I am happy that I was able to actually push through and make a working app.

This drive to create an app came from an obsession to make one, a couple weeks back I wanted to make an

iOS app but figured out I wasn't ready for that yet. When I found out Android uses Java, I knew I could do it. I had been planning this out for a while now, and to finally have it done is really satisfying.

As for the future, I think I'll definitely be making more. Be on the lookout for that!

if you want to check out the app, here is the [1]Link

Thanks for reading!

1. <https://play.google.com/store/apps/details?id=temperature.wellness>

### **Next Voyage; Summer of 2018 (2018-05-21 08:14)**

By the time I've published this, I will have already finished my semester. I would be graduating had I not had the Administrative Disqualification that I've discussed in detail before (Read [1]Here) but I think things have worked out for the better. I don't honestly think I would have enjoyed Criminal Justice as much as I thought I would. I think I found my true passions in Computer Science and English.

I have a few semesters left, so I will try to enjoy them.

This past semester was alright. I wouldn't really say it was good nor bad. I did fine in my classes, I even enjoyed them, but I feel like it started and ended on the same flat note. With that being said, I'm actually looking forward to my next semester. It's pretty much just taking classes of stuff I enjoy with a mix of GE stuff that could be alright.

Over the summer I plan on making more Android apps and maybe some other types of projects. I'm really digging deep into Comp Sci, I mean after taking only Programming 1 I've been able to make simple Android applications. Going from simple Java programs to simple Android applications, within six months, is a hell of an achievement.

I've never really picked up on anything as fast as I picked up on this, I'm excited to see how far I can go with it. Perhaps if being a teacher doesn't work out, I could get into Web/App development. We'll just have to see how things go.

Thanks for reading!

If you wanna show support for my App Development/Blog, I am now on Patreon! I have a \$1 and a \$5 tier (you can also give however much you want) you can also show support by leaving a nice comment, I would appreciate that just as much.

<https://www.patreon.com/austinwhitedeveloper>

1. <https://myendlessstruggles.wordpress.com/2017/06/23/freshman-year-of-college/>

## 2.5 June

### New updates for apps; Possible game coming? (2018-06-05 15:24)

Just updated both my Temperature Wellness app and my Body Mass Index app; as I learn more about app development I can go back and improve my earlier stuff. It's real exciting to be able to improve them.

The constant maintenance is pretty strenuous especially since I have to keep fixing layout constraints or improving features. My latest app, RPG Dice Roll,

requires constant fixing since I keep running into different issues, mostly with the layout. I can't imagine what it must be like having to update something like Facebook or Instagram, seems like it would be really tough.

I made a game for my Programming class' final project. It's a text-based RPG. The code itself is done, the tough part would be to make it work on Android, which would be more time-consuming than anything. I would add graphics and whatnot, so that way it isn't just a strictly text-based game.

I also want to do some reading and maybe a bit more writing this summer, as I wanna get back in touch with my English stuff.

Just a quick little update for ya'll.

My apps:

[1]Body Mass Index

[2]Temperature Wellness

[3]RPG Dice Roll

Patreon [4]Link

1. <https://play.google.com/store/apps/details?id=bodymass.calculator>
2. <https://play.google.com/store/apps/details?id=temperature.wellness>
3. <https://play.google.com/store/apps/details?id=austinwhite.dndroll>
4. <https://www.patreon.com/austinwhitedeveloper>

## **Life with Impulse Control Disorder (2018-06-19 15:29)**

I haven't wrote on the topic of mental health in a while; I've been really just been focused on building my skills in programming.

Recently, I've been dealing with a tough episode of Depression that has caused me to act in ways that I wouldn't normally. Recently I had a complete mental breakdown, and it brought to light a lot of the issues I've been facing with mental illness.

I immediately went to my psychiatrist who diagnosed me with Impulse Control Disorder. I also am on three type of Medication now, one for Anxiety and Depression, one for just Anxiety, and the other one for sleeping. This is something that I have been fighting with for a long time. Let me get into the details.

Impulse Control Disorder is exactly what the name implies. I act on impulse. Without thinking sometimes I'll do something that I immediately regret because I put no real thought into the action. I'll do just something because I pressure myself into thinking that I should, "Shoot my shot." Which is a very tough thing to deal with because you end up making yourself do things that are often irrational.

This has always been an issue with me but I never really thought of it because I was focused on beating my Anxiety and Depression that I didn't really think about impulse control. Normally, I can control my impulses, however when things get rough I tend to say or do things that I don't really put much thought into. Alcohol also tends to intensify this by taking away any and all emotions and allowing my impulses to take control. It's really a tough thing to live with.

I will be getting professional help with fighting this new disorder, but I could also use support from everyone else. It's not easy to deal with this, but I am going to fight it. I'm a fighter, that's what I do.

Thanks for reading, I will try to update you all on future developments when I can.





BlogBook v1.1,

TeX 2 $\epsilon$  & GNU/Linux.

<https://www.blogbooker.com>

Edited: January 12, 2019





Free version: Low quality pictures

[blog.austinwhite.tech](http://blog.austinwhite.tech)



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# 1. 2018

## 1.1 June

### **1799: Going to the ER for my mental health scare (2018-06-24 12:00)**

[1]What is a 1799? This past went I had to go to the Emergency Room after having my second mental breakdown of the week. I was admitted to the hospital under a 1799, which is basically where I'm detained at the hospital because I pose a threat to myself. I have talked before about having suicidal thoughts and while I've never made an attempt on my own life, every time I get experience heavy depression I get deeper into the suicidal thoughts. This time I was scared, I haven't lashed out this way in a very long time.

These past few months, I thought I was doing okay. I improved so much that I no longer needed to go to counseling. I went on my own, and with that I stopped trying to do anything about my issues. They slowly came back, and now I realize I'm in the same deep hole that I thought I crawled out of.

Before I was diagnosed with Impulse Control Disorder, I started lashing out at everyone. I would drink and then text people calling them out for perceived wrongs that I thought they had done. I texted my former best friend, begging her to understand that I'm suffering from mental illness and that I'm working on it, Truth is, I was lonely and I really wanted my old friends back, I felt that losing my former best friend meant that I lost about 3/4ths of my friends because I knew them through her. While I did lose a few, a couple still stuck around. I really just wanted go out and have fun, but can't do that without friends.

That's the thing about Depression, it'll stop by unannounced and make itself at home. Just completely ruining every thing you've tried to build up. This time it seems that it's trying to bring down everything. Causing some dark times.

So this past Thursday, I was hospitalized under a 1799. I've known for a while that you can be hospitalized for having suicidal thoughts and needing to be put under watch. It was so much worse than I initially thought. Simply because I never knew what exactly they do in these types of situations.

First of all, they had me stay on a bed in the hallway. I felt embarrassed, mainly because I saw so many people come through with physical illnesses, it made me feel bad because I was physically fine I just had some mental issues. I felt lucky that my pain was mental, but mental and physical pain aren't comparable and really shouldn't be mixed like that. It just really goes to show how under-developed emergency mental health care systems really are. Though, I was also lucky that we live in a time where they don't throw people in asylums for things like this, because of course I would end up in one.

There was also a security guard watching me at all times, this made me uncomfortable and anxious because of the implications; of course I understood that this is a normal procedure and they do it because I was a danger to myself and others, or so they thought. I knew I wasn't gonna do harm, but they have to follow protocol.

I laid there for four hours until I was cleared by a psychiatrist. I was just glad to be able to leave, but the experience didn't get any better. there was a \$250 co-pay that I was unable to pay in full, I was only able to put down \$100 (which I honestly thought was more reasonable for the visit.) It took a huge mental toll on me.

Since Thursday, I've had an underlying anxiety and I just don't feel so well. The events left me feeling like I

went 10 rounds with prime Mike Tyson. I have to go to Patient Output Training or whatever it is; it's stressing me out but it's necessary.

Thank you for reading! I hope to bring you guys some good news soon enough.

1. [http://leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?lawCode=HSC&sectionNum=1799.111](http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=HSC&sectionNum=1799.111)

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A Healing Story (2018-06-24 12:15:33)  
Hope you feel better soon!

Take Care of Yourself (2018-10-04 07:16:03)  
Take care of yourself man! I wish you the best dude. People are here for you, whether it's be your family or your friends, we are all willing to lend you an ear.

## 1.2 July

### **Life updates; New app published, update on mental health stuff. (2018-07-06 16:29)**

I haven't written in a couple of weeks. Life has been calming down since things got really bad a couple weeks ago. I'm going to write a short blog post about how things are now.

I put my latest application into full production. It's called Stone Breaker, and it uses Google Firebase Machine Learning technology to analyze images. It also has a QR/Bar Code reader that implements Google Vision Technology. I also included a password generator that uses a custom formula to create strong passwords. I'm really proud of how this app turned out. I spent a month building and fixing it, in fact there was a whole week where I tried to fix one issue. But it really helped me become a better programmer, as I learned about the process of building apps through Alpha, Beta, and then Release. I'll include a link to the Google Store listing at the end of this post.

As far as my mental health goes, I've been doing alright in the past few days. I've been dealing with some depression, but that's going to always be there. I'm also taking another medication for Anxiety, which has helped bring it down to a point where it's hardly there. So I'm doing okay on that end. I also have a medication for sleeping, which has helped a lot as well.

That's it for life updates, I said it would be a short post. Thanks for reading.

My app link:

[1]<https://play.google.com/store/apps/details?id=stone.breaker>

1. <https://play.google.com/store/apps/details?id=stone.breaker>



## 1.3 August

### **New Site, New Semester, New Updates (2018-08-29 12:00)**

I haven't written since the end of June. I've been so busy with my Android projects and websites that I haven't really had time to write a blog post. Now that school is in session, I'm probably not gonna have another chance anytime soon. So let's get into it.

I bought the domain for my tech portfolio ([1]austinwhite.tech) and I've been working on that. The site has a gallery that shows all the things I've been working on these past few months. It's also the new domain host for my blog.

In other news, I recently had an interview with Major League Hacking, I have yet to hear back from them, but I was surprised they even interviewed me in the first place. I was also promoted to Event Coordinator for the CSU Stan CS Club. Which is nice, and it puts me in a better position to help the club. UPDATE: Since I wrote this, I heard back from them, I was rejected.

I'm also really enjoying my classes so far. The English ones especially. I'm constantly reminded of why I decided to go that route in the first place. I enjoy the writing but I just have a hard time finding the time for it.

That's it for now, I'll try to keep you all updated on how things go. So stay tuned!

1. <https://blog.austinwhite.tech/>

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## 1.4 September

### **Planning for next summer, Life updates, that sort of thing (2018-09-20 12:00)**

Recently, I've been applying to internships for next summer. I'm hoping to be able to get something nearby but I've also applied to places out-of-state. Which is new to me because I've always been so held down by anxiety that I would never consider applying for anything out-of-state. There were a couple of places that I felt were really good opportunities and I really didn't want to potentially pass up a good opportunity.

I'm eagerly awaiting to hear back from any of the places I applied to. I like my chances, but we'll just have to see how everything turns out. I already have a website project in mind that I could do; that is if I don't get any internships for next summer.

I read somewhere that a writer made it their goal to get 20 rejection letters over the course of the year. They ended up getting published a few times. So I decided to apply that to my internship search. If I don't get an internship, I can at least meet a goal of getting rejected a certain amount of times.

School has been keeping me busy. I haven't had any serious mental health problems. My mental health has

been in a good state. Depression still makes it's way in, but it is manageable.

I've also taken over Event Coordinator responsibilities for the Computer Science club on campus. It's not that tough of a job, it's mostly just filling out paperwork and planning events. It's nice to be in a leadership role though.

Overall things seem to be alright.

Thanks for reading!

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## 1.5 October

### **Bridging the Gap between STEM and the Humanities (2018-10-01 12:29)**

"Are you going to teach?"

It's a question every Humanities major has heard on multiple occasions. As an English major, it's usually the first question everyone asks.

Unfortunately, when you major in a Humanities subject (this includes English, History, Philosophy, and so on) there is a false belief that the only options available for it are teaching jobs. The reality is that there's so much more you can do with a Humanities degree. It's really just meant to be a foundation to build off of.

The problem is that people think every degree is like a STEM Degree, if you major in it, that's basically all you're going to doing in your career. Which is wrong.

I am what is considered to be a "STEM-focused Humanities major" which is a bit unique because we're hard to come by. There aren't too many people who can successfully crossover; mainly due to the diverse amount of skills you need to develop.

When I tell people that I'm an English major who wants to work in tech, they often get confused. Computer Science and English are two completely different subjects. Most people don't realize that when you study English, you pick up important communication skills and analytical skills that are important in figuring out issues in whatever code I write.

In my experiences with STEM majors, they often have a tough time with communication and writing skills. Being an English major, I have an advantage because not only can I do the same thing they do, but I can explain it in a way that anyone can understand.

Then again, Humanities majors have a tough time with math and more complex scientific theories. So both sides would be able to benefit from each other, and bridging that gap and bringing together the two entirely different but important studies is something I believe we should try, because otherwise, most people are gonna have only have the skills they should have.

Thank you for reading, I'll try to write more when I can. I've been getting back . into the habit of writing, so we'll see how that turns out!

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## 1.6 November

### **I'm writing again (2018-11-01 22:06)**

So I haven't really thought much about writing a blog post mostly because I've been too busy with school and stuff, it just becomes a low priority. So I figured I'd write now.

Life really hasn't been all that interesting lately. Just a mix of getting teased with potential opportunities only to have them fizzle out. I was supposed to start a nice job on campus but it didn't seem to work out. Which was disappointing, because I was really looking for something nice to add to my resume.

I also got a couple interviews for internships for next summer. I was rejected from both. The one that hurt the most came from a certain local wine company. Mainly because I felt like that was the only chance I had at getting something for next summer. I got a bunch of other rejections from bigger companies that I knew I was gonna get rejected from. Like, I knew Google wasn't gonna take me, but actually getting a rejection email from them really sucked.

Coming up soon, I'll be hosting an Android Workshop on campus. I'm excited for it, mostly because I get to talk about the apps I made and walk people through making a "Hello World" Android app, as well as discuss everything they'll need to know on developing an Android app.

As far as mental health goes, I'm depressed still; so there's that. My anxiety isn't there. But, I'll be okay.

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### **Living with Generalized Anxiety Disorder; a year later (2018-11-17 15:15)**

[1]If you haven't read the original post, do so [here](#).

It's been over a year since I first publicly discussed my Anxiety Disorder. Since writing that piece, I have realized that so many people around me suffer from similar mental illnesses and it's not something to be ashamed of. So many of us suffer in silence, I hope that we can lift the stigma and be able to discuss our conditions openly; that way nobody could hold back the feelings that keep them up at night.

Since last year, I have learned to overcome my Anxiety and Depression through counseling sessions and medication. I believe that the counseling has helped me far more than the medication has.

I have some regret for going on medication. The reason I wanted to get on it so bad was because I wanted anything to numb the pain. Around that time I was also using alcohol as an escape. In fact, I didn't kick that habit until last summer. The alcoholism didn't get so bad that I was drinking everyday, but whenever I would run into a situation that would spike my anxiety, I would drink a bit beforehand so I could do what I needed to do without worrying about Anxiety. The worst case of this happening was when I needed to go to the CS Lab, I was so scared because that's where my former best friend would hang out, and I couldn't face her. Losing her caused this downfall, though I don't blame her at all for everything that came with it. When it came time for me to show up to the lab, she wasn't there. I drank because I was scared of nothing. I'm so glad I kicked that habit.

It wasn't an easy journey, over the summer I was hospitalized after an anxiety attack. The entire summer was rough. I foolishly let my drinking get the worst of me. One day, I started drinking and I texted this person who I thought had wronged me. I was starting beef with people over perceived wrongdoings. Of course I texted multiple people whom I thought had wronged me. I was becoming a monster, and I still have no idea why I snapped the way I did. For what it's worth, I squashed most of the beef I started with people. But, I'm still ashamed of having done it in the first place.

Since the summer, I've been diagnosed with Impulse Control Disorder, and was given two more medications to take. I was prescribed with an Antipsychotic drug but was told that it would "help me sleep" along with another anxiety medication that would help me.

Since then, I have improved. I don't feel so anxious anymore and only have small fits of Depression every now and then. Bad anxiety is non-existent for me and I'm doing totally fine now. I still go to counseling, mainly because it helps keep my anxiety at bay. Things had to get really bad before they got better. I think the worst is past me and now things are about to get so much better.

1. <http://blog.austinwhite.tech/2017/11/08/living-with-generalized-anxiety-disorder-gad/>

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Kim Frey (2018-11-18 07:27:02)

Austin, I am so proud of you! I know how bad it was for you, and I am so glad I was able to help you start on your way to getting help. You are an amazing person, and I can't wait to see where your future takes you.

## 1.7 December

### How I became CS Club President (2018-12-09 12:00)

So I've had some interesting things happen since my last post.

Recently I was elected president of the Computer Science Club here at Stan State. I'm excited to be able to be president, but I understand that with great power comes great responsibility.

I've been with the club since the beginning. I was one of the original officers, I started out handling social media and graphic design for the club. Slowly I worked my way up to Event Coordinator and then now President.

Having been with the club so long, I understand the issues that the club faces. Currently, I'm looking at solutions on how to fix them, and things really are looking good.

We're planning an event called a "Hackathon" which is a programming competition. I've been working behind the scenes on getting the basics for the event covered. I feel like we can pull this off.

With this newfound responsibility, I feel I won't have much time to work on Literary projects, as I wanted to do. But, there will be time for that in the summer, I hope.

But, I am excited on where my Presidency will take not only myself, but the club as well. I feel confident that I'll do well as president, but you never know until it's finished. I suppose I'll make the best of it.

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