

February 2022

MENTAL HEALTH

Wellness Champion



Lincoln Hirayama

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Reagent Lab--Production

For a period of time, Lincoln had not been doing well mentally and emotionally, but he thought that he had been hiding those struggles well. Eventually, though, his countenance had changed beyond what he could conceal. He decided it was time to seek external help when individuals close to him noticed physical changes in his appearance and expressed concern.

Lincoln sought help in dealing with being a survivor of a death by suicide and other major life events. He was open to receiving care from his primary care practitioner, which eventually led him to hospital care as a pathway to healing. Lincoln reflects that it was difficult reaching out for help when so many things felt out of control. He says, "it took intervention from caring people and the assistance of our great staff at ARUP to help me get the

care I needed to overcome the tsunami that almost took my life."

Lincoln has experienced a total transformation over the past year and a half, going from faking it to making it, from oversharing without boundaries, to having a healthy balance of expression with clearly defined boundaries. He has learned a myriad of things to aid himself and others in bettering mental health and wellness. He finds it valuable to remember and know that there are people around you who care, can listen, and can provide a pathway to additional resources while recognizing their own personal limitations on aiding the situation. One of his most important realizations has been that trying to go through hard times alone is not only a bad idea, but could prove fatal. Being open to help plays

a significant role in being able to make improvements.

Through his journey, Lincoln learned that mental wellness impacts both our life and the lives of those close to us. It is no different from taking care of our physical bodies; if we don't take care of our mental well-being, our mind could 'fail' us in some way from not actively striving to stay healthy.

Sharing his own journey has helped Lincoln to keep his mental health in a good place. He says, "I hope my sharing helps others know that reaching out when things feel dark and desperate can get you to a better place. I unabashedly will continue to seek professional help until deemed unnecessary, be ever kind to people, and surround myself with caring people." To finish, Lincoln shares some mantras that help boost his mental state:

"I am destined to find a new path, a path that may bring me peace and love, a path where time stands still yet goes by in an instant, and a path where I am happy to live beside all that has been my life. "

**Thank you for
honesty and
courage to
share, Lincoln!**



This month, the Wellness Center is thrilled to spotlight Lincoln Hirayama as a Mental Health Wellness Champion!

Each time we receive one of these nominations, we are very appreciative to the spotlighted individuals' willingness to share openly about aspects of their mental health journey. We hope these stories will strengthen and provide hope to any member of the ARUP workforce that may be struggling.