

# I CARRY



## ELLA

(she/her)

For one of my classes, we were tasked to write a poem about the tangible and intangible things that we carry. After writing this poem, I decided to turn it into a video. I participated in Magnify Voices as I participated last year, and they are an organization close to my heart.

It is important to me to spread awareness on all mental health challenges and struggles, and for others that struggle like this to receive the help they need. I've been diagnosed with anxiety and depression for about 5 years now, and finding media representation of both of these were huge for me.

