

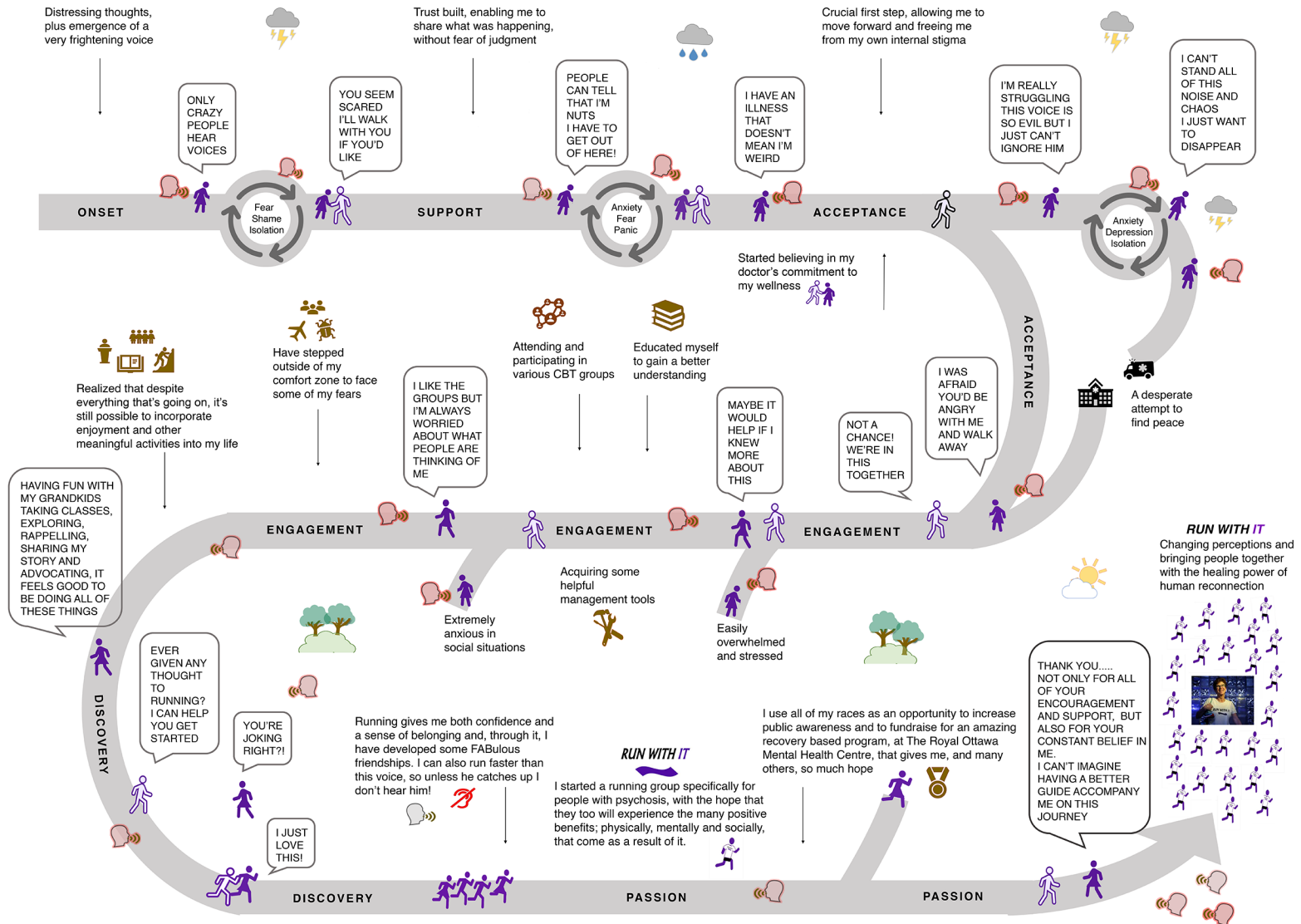
RUN WITH IT

My Journey with Psychosis and the Power of a Passion



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My journey of understanding and discovery truly began when I removed myself as one of the sources of my alienation, and embraced my doctor's commitment to my wellness. His amazing support, encouragement, compassion and patience, have enabled me to face some of my fears and to realize that despite my anxieties, my beliefs and this horrific voice, that it is still possible to incorporate people and enjoyment into my life.

Along the way, I was introduced to running and it was love at first step! This new found passion has resulted in a level of human reconnection and acceptance that I never imagined possible!

Running is my time, and it gives me a confidence that eluded me in every other aspect of my life! It is such an important and much needed source of peace for me, and has become a very major and necessary part of my journey. Often this disturbing voice I hear, tries to sabotage a run, but I have figured out that I can run faster than him, so unless he can catch up to me, he has to wait until my run is over to bother me.

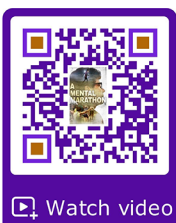
Knowing how much running was helping me, I was eager to see if it could help others with psychosis as well, so I started a running group called *RUN WITH IT* for my peers in the schizophrenia/recovery program at The Royal Ottawa Mental Health Centre in Ottawa, Ontario, Canada. There is absolutely no pressure, no judgment, and no talk of our illness! The emphasis is on having fun, interacting socially, supporting one another and being proud of our accomplishments.

My passion for running has led me to discover another, that being advocacy, being a face of and voice for people with psychotic spectrum disorders. To help alleviate the painful and unfair stigma that still very much exists, I share my story whenever possible, both publicly and through the various forms of media, encouraging people to educate themselves about this complex and very misunderstood illness. In addition, I use all of my races as an opportunity to raise awareness and to fundraise. Thanks to the kindness and generosity of so many people, I have raised thousands of dollars for the schizophrenia/recovery program at The Royal.

This journey is full of ups and downs, and although I still often struggle with various symptoms, I am much more confident in my ability to handle them. As I once was told; 'You can't have a setback unless you've made progress.'

I am so grateful for the many human reconnections and additional sources of support that I have discovered on this journey thus far, and I am very curious to see what lies ahead.

RUN WITH IT - Activating the Healing Power of Positive Human Reconnection



Watch video