

The Quiet Storm Inside Me

Introduction:

“The Quiet Storm Inside Me” is a realistic story that explores the hidden world of depression — what it feels like, how it changes the way people see themselves, and how society often misunderstands it. The story follows a young girl named Mia, who seems perfectly fine on the outside. She laughs, talks, and lives like everyone else. But inside, she battles a silent storm that no one can see. Through her eyes, readers experience the weight of emptiness, the struggle of pretending to be okay, and the quiet hope that maybe, just maybe, someone will understand. This story is not just about sadness — it’s about understanding, empathy, and the importance of noticing the small signs that someone might be hurting. It reminds us that depression isn’t always loud, and that sometimes, the people who smile the

most are the ones fighting the hardest battles inside.

All about depression

Depression. It's a word that people use a lot — sometimes casually, like "I'm so depressed because my phone broke," and sometimes seriously, when someone is silently fighting a storm inside their mind. But depression isn't just sadness or a bad mood. It's something much deeper, heavier, and harder to escape. It's a long, painful shadow that follows a person wherever they go — even into their happiest places.

Depression is one of the most misunderstood struggles in the world. You can't always see it. It doesn't always look like crying or isolation. Sometimes, it hides behind fake smiles, jokes, or laughter. A person might look fine on the outside but feel completely shattered on the inside. That's what makes it so powerful — and so dangerous. But what

actually is depression?

Depression is a serious mental health condition that affects how a person thinks, feels, and acts. It can make daily life — like getting up, eating, talking, or studying — feel like climbing a mountain with no energy left. It's not something people can simply "get over" or "cheer up" from. It's an illness that can affect anyone, no matter their age, gender, or background. When someone has depression, their brain starts to send signals differently. The chemicals that control emotions — like serotonin and dopamine — don't work properly. This causes deep sadness, loss of interest, tiredness, and even physical pain.

Depression is not a choice. It's a condition that needs care, patience, and understanding. What are the causes of depression?

Depression doesn't just appear out of nowhere. It usually grows slowly, fed by pain, stress, and loneliness. But how does it

feel? It's hard to explain depression in words, because it's more than sadness. It feels like an invisible weight pressing down on your chest. A fog that makes everything seem pointless. A voice that keeps whispering "you're not enough." A smile you wear to hide tears. An emptiness that replaces excitement, joy, or motivation. People with depression often feel trapped inside their own minds. They want to feel better, but can't find the strength to start. Even small tasks like brushing teeth or replying to a message can feel impossible. They might start avoiding friends, stop caring about school, or lose interest in hobbies they used to love.

Experiencing Depression

Mia was once a happy 11 year old girl, she had all the friends she needed and everything she could ever ask for, she had a best friend she thought she'd never ever loose,

and she thought that they will stay best friends forever, but little did she know that everything is gonna change.

Her best friend is called Lily. She had just woken up and saw that Lily had sent her a text, which was:

"Hey, can we talk in person?"

"Sure! When can you?"

"Right now."

"Ok sure! Come over!"

Mia's heart skipped a beat.

Something about that message didn't feel right.

"Can we talk in person?"

Those five words made her chest tighten, but she tried to smile anyway. She didn't know it yet, but that conversation would change everything.

Once Lily came over they started chatting about random stuff like school and exams
