

"Do you ever look at someone and wonder, "what is going on inside their head?" Well, I know. Well, I know Riley's head." (Joy, 2015) Inside out is a movie based on Riley and her emotions as she struggles to adjust after moving to another (city?). As a child, Riley was very happy; she had her friends, her team, and her family. I am similar to Riley in many ways. I also had a wonderful childhood; I had my friends, my swimming team, and of course, my family.

While watching the movie Inside Out, I felt for Riley deeply because I once too had to move from the province to Manila. I studied in SSIS for ten years before I had to transfer when I was moving on to the eighth grade. Everything suddenly changed all of a sudden. From a classroom with 20 students to a class more than 40, from an international school to a normal Chinese school. I was culture-shocked, and it was hard to adjust. I am a quiet girl, so I did not have friends during the first year. After one year of struggling, trying to adjust to my new school, I finally started to have friends. As I cope with my new surroundings, I have met people who would help me when I had troubles, and people who made me happy when I am sad.

This movie has taught not only children but also adults into the perspective of mental health. It shows that every emotion is important. Sadness is vital to our well-being. Instead of trying to suppress this emotion all the time, we must mindfully embrace it. Suppressing it may lead to depression that would affect your mental health greatly. "Crying helps me slow down and obsess over the weight of life's problems." (Sadness, 2015) Though some may think that crying is just for the weak, it is very important to know that crying can reduce the pain from the problems you are facing.

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