

It is incredibly easy for people to normalize and even take for granted the opportunities and privileges they possess. Yes, we have worked hard and can reason that we are entitled to such opportunities. Undoubtedly, hard work is a prerequisite for success and achievements. However, I firmly believe that every blessing comes with a purpose, not a singular one but one greater than the individual. I am a junior student from an average but wholesome family in Tanzania. Despite my hard work, I am always humbled and reminded that these blessings are a gateway to pursuing my passion, which is alleviating mental health issues, promoting empowerment to marginalized groups, and, most importantly, devoting myself to a life of service.

My passion for mental health fuels my interest in Neuroscience and Psychology and has prompted the following movie review and comparative essay. I recommend watching both these movies and also making constant effort in educating and raising awareness on mental health issues regarding other relevant ongoing issues.

Imagine being fully aware of your surroundings, hearing, but not being able to speak, seeing but unable to react, being captivate to a chair or bed with only blinking as a means of communication -that was the predicament Jean Doe faced every single day (Schnabel, Kennedy, Kilik, & Harwood,43:30). "The Diving Bell and the Butterfly", is a movie that depicts the true story of Jean-Dominique Bauby after suffering from a stroke that led to his diagnosis of locked-in syndrome. The heartbreaking and sad movie, DDB was released in France in 2007 and was directed by Julian Schnabel and Laura Obiols. Similarly, "Still Alice", is another movie that portrays a facet of neurodegenerative diseases. In "Still Alice",

comes worse to the extent that she forgets who her daughter is during her play performance - a sad but realistic view of the perils of Alzheimer's disease (Westmoreland & Glatzer, 2015, 1:00:49). Despite depicting the symptoms of Alzheimer's disease, the movie has a greater focus on how Alice's family is affected and how they adjust to their mom's and wife's new situation. Essentially, the movie focuses on the instance of being diagnosed with familial Alzheimer, which means that the family members all have a high chance of inheriting the Alzheimer gene. This situation evokes audiences' emotions who are confronted with hefty and overwhelming information that would be inevitably burdening to any individual.

As a result, the effectiveness of "Still Alice" in communicating the scientific aspect of having Alzheimer's is inferior in comparison to "DBB".





