

All women count, all humanity counts

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Introduction

From the earlier times, women and children have been mistreated throughout human history, as they are the most vulnerable and that left them open to societal bullying. They were even deprived from that which is rightfully theirs. Sadly we still live in a time where violence is used against women and misogyny continues to thrive.

The world has witnessed humiliation, degradation and simply rudeness in all walks of life. Forced displacement, strained immigration, war fleeing is a dominating theme globally, as there is no safe place anymore like that which could once be felt back in their homeland.

Marginalized people, especially women need to be able to plan for their future to look after themselves financially and waiting months or years for decisions and not knowing their future prevents them from getting on with their lives or going lonely somewhere else where they may be granted, shelter, a sanctuary or citizenship - that only makes their situation even worse.

It is an abuse in itself to be putting anyone's life on hold, making someone feel bad and down, with the incremental physical and mental health impacts incurring further their deterioration. It's well known scientifically that mental stress and mental torture with any related ongoing physical pain of any type would increase their torture, due to the result of emotional driven anxiety.

What we can see nowadays due to all that is only street people, destitution, homelessness and it deeply aches. All homeless people's health deteriorates eventually and a solution should be mandated accordingly. No one deserves to live in denial with deprived basic human rights.

People did not choose their destiny in life and didn't make these choices and steps of moving to somewhere else, where they cannot afford to live with dignity and pride. On the contrary, they find themselves homeless, destitute, and additionally are not allowed to earn money as any civilized nationals, they have no access to healthcare, and have no safety or dignity unless they are already desperate. No one chooses to be in

such situations or detained or live on the streets, (particularly women) if they did not already have no options at all.

It is a tragic reality by all means of the current modern world that nowadays people are being displaced forcefully everywhere and anywhere and all countries need to address it if the world is to keep functioning at least in a civilized fashion.

We all are world citizen with human rights no matter what, and rather than being helped, asylum seekers and refugees are physically and mentally harmed. A better solution is an immediate decision rather than harming people even more by imprisoning them, mortifying and degrading them. After all, detention is toxic in itself. It's a great torture with deep scars inside the aching soul. After all, safety and feeling secure is a right, not a privilege.

All governments have to come up with better and more humane policies rather than erratic policy. It should serve all humanity with equal fairness and parity. These people have committed no crimes at all, and they have already fled inhumane living conditions yet they are treated the same in the country they flee to or the place they were displaced from in their homeland. It is not justice. It is not ethical and it is not right. The world has to come up with proper civilized solutions, where people can feel protected, live in tranquility, and can function in a sensible and efficient mind and soul.

Detaining, discriminating and torturing them just increases the burden and makes their road to recovery even longer and more difficult and with an immense sense of guilt, depression inclination and even flashing out suicidal ideation. It's that which truly, really, deeply matters.

Women are so special, important and valuable, and they should stand by each other, and achieve together rather than be left alone in this, struggling battling long chaotic journey. A system in order and place should be implemented.

On the international women's day, women should demand fairness in everything with men, starting from simple equal salaries in appointed positions, all forms of harassment should not be tolerated and we should demand and call for freedom

from persecution, fairness with equal rights and duties including rights to rightful inheritance. A woman widowed with children to raise can face the situation of her husband's and her property going to a distant male relative. Still yet in some communities like in the Arab world are not fulfilled and where women are still struggling for simple meaning of life and still lagging behind in the bottom of the ladder starting from her rights to have a say about her life, her education, driving a car, the way she likes to dress, competing in sports, and leisure activities, and more crimes are committed and imposed when a young girl is not encouraged to finish her education and pushed only to marry anyone who comes along which exposes her to some heavy duties where she can't even decide nor negotiate, and in many instances she either ends up in depression or divorce and where her rights will be taken by different ways by her husband. Also, many women are taught and forced into early and arranged marriage.

Moreover in many cases currently rape is used as a tool or a weapon against a woman and rape is the most traumatic experience to any woman, with a feeling of shame and guilt and associated in many instances with stigma to report it, and her family will demand her marrying the rapist (who commits the rape) to avoid the scandal and its consequences; also marrying someone that she dislikes, travelling with a male escort even if she was old enough to control her life and whereby her life is controlled, also women and heritage rights are controlled; her rights to pass her nationality to her offspring, and all who are opposed to that call and attribute this to our Islam which is a complete accusation as for instance the prophet Mohamed before 1400 years had voted for women and all under Islam are just looked at as humans of work and devotion and not at gender and physical attributes.

Women should know their rights and fight for them, otherwise she will only be led and won't be able to have a say about her life and the way she likes to conduct it. Also women can call for her rights by the way she raises her children, by encouraging education and emphasizing it as a mandatory issue for a better living with a bright future. After all, you can't have a great future with ignorance and illiteracy.

Any civilized nation and its government should respect and advance human rights, including by advocating for gender equality.

All governments should invest in women particularly, by educating them, and the world will be much better with great hopes, dreams and dignity. Women need a better world to work and produce efficiently. Women as many think, are not created to be at home, like an appealing adornment, for leisure, for cleaning and washing up dishes, cooking, and just producing children. Women must aim to finish their education in order to change the world and their life to the best it can be.

Women should embrace their own power and utilize it to reach where she wants to reach and achievements in life as a sense for her wellbeing and satisfaction. Everyone has a yearning

dream dwelling deep inside and should work on it to make it happen and see the light one day at the end of the tunnel.

Being educated is only a virtue if you use it to do virtuous things. After all, knowledge is power, enlightening, and frees all nations from the bounds of tyrants.

We will never change someone by breaking them down, only by building them up, by telling them that their lives will be immeasurably enriched by welcoming their rights. After all education, is merely inevitable as the colour of each one's skin.

Let's aim for the power of love to overcome the love of power, so the world will know peace. Let us all strive to be the best humans.

The language of depression

A mode of talking

A way of moving, sleeping, and an interaction to surroundings

A style of expression

A fashion of writing

A strong impact of pessimistic feeling

A linguistic diversity

A lexical miscellany

A different pattern of oneself

Unspoken words of loneliness, grieve and extreme sadness

Emotional unconstructive feeling

Dwelling in problems

Social seclusions

Magnitude of emptiness

Hollowness

Black and white vision

Absolutism tendency

Episodic unknown

Negativism and perfectionism

Social and self esteem anxiety

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Depression



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