

I Know I Will Get Through My Struggles

Oliver Davis

I try not to feel stress about the things that I have no control over. It is not easy being in prison. I have to comply with a lot of institutional rules and deal with lots of different personalities. Most of the day, I'm locked in a small cell with another

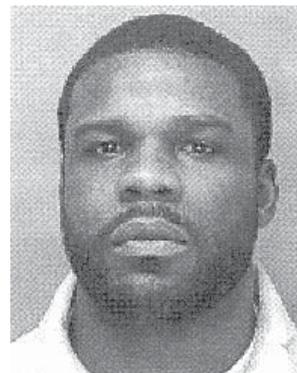
inmate. I can't see or talk to my family as much as I want to, and dealing with all this is very stressful. But I accept that I got myself in to this situation, and that puts less of a strain on me.

I accept that I'm going through tough times. I'm staying as positive as possible and loving myself.

A lot of people find themselves in tough situations, and they really let it get to them. They lose

control, which leads them to do terrible things either to themselves or to others. I try not to stress at all about the upsets of my life. Keeping a healthy mind is very important, and the reward is great. If you can maintain a stable mind, you will overcome tough times and stressful situations. I go about it by keeping a positive mind frame, by focusing on school, and by acquiring knowledge.

I accept that I'm going through tough times. I'm staying as positive as possible and loving myself. By doing all this, I know I will get through my struggles.



Oliver Davis is in the GED class at SCI Greene in Pennsylvania.

Did You Know?

Oliver Davis's choice to focus on school as a way to survive tough times is a good one. Research shows that educated citizens, on average:

- have better health
- live longer
- participate more in society
- have stronger social bonds
- enjoy greater personal happiness

More education usually means a higher income. Look at the chart on the right. What does median mean? What level of education helps you make a living wage?

Education Level	Median Income
Not finished high school	18,435
High school graduate/GED	25,829
Associate's degree	31,566
Bachelor's degree	43,954
Graduate degree	57,585

Source: *The Measure of America*, by Sarah Burd-Sharps, Kristen Lewis, and Eduardo Borges Martins, 2008.