

Around 1997, when I was seven years old, I was diagnosed with intractable epilepsy and had grand mal seizures about twice a year. The seizure almost stopped due to medication, and it was my last seizure when I was 18 years old (third year of high school). I joined the army and served for 1 year and 9 months. After that, I got a driver's license and have 11 years of driving experience. I don't take antiepileptic drugs until last year, and has been living without drugs for about a year now.

Since 2018, After working at an education company, I was working as a freelancer and planned a workshop. Interviews with various members of the region, organizing campaigns to solve local problems culturally, and producing content. For experience, I met people who were having various problems.

In 2019, I met Shim Kyu-bo, CEO of the 「Star Maker」, a non-profit organization that supports youth in crisis. He was also a patient with epilepsy and held a meeting of patients with epilepsy. He gave scholarships to teenagers with epilepsy, and has been conducting campaigns to improve awareness of epilepsy in Seoul and Daegu.

Through him, I remembered the epilepsy that I had forgotten because it was completely cured. More than the anxiety I felt, there were many epilepsy patients living with various pain. There are also pain caused by symptoms, but the stigma caused by bad prejudice, along with anxiety caused by symptoms that did not know when and how, was making life difficult for epilepsy patients.

I started the 「Warm Eye」, meeting for Epidemic Patient. this meeting with the intention of informing about epilepsy and contributing to creating a society where people around me can look at it warmly and be happy together even if they have epilepsy. In addition to simply sharing information for treatment, we conducted various mediating programs focusing on forming a relationship that can heal each other by sharing pain and worries with people who not have epilepsy. Since started, we have held more than 100 regular meetings online and offline.

In 2019, we held a campaign to improve the perception of epilepsy was held in Dongseong-ro, Daegu, and a video was produced assuming the psychological state of patients with epilepsy and symptoms of seizures so that people could experience it.

In 2020, with the support of the Samsung Dream Scholarship Foundation, language/art therapy classes were created for elementary school children with epilepsy and developmental disabilities and their siblings, and they were supported and selected by the Ministry of Public Administration and Security to create fables about epilepsy and life, and held readings and exhibitions.

As a sponsorship project of the Community Chest of Korea, teenagers outside of school and teenagers with epilepsy also drew pictures and held exhibitions at local art galleries. It operates its own YouTube channel that creates and uploads interviews, Vlogs, and patient meetings, and publishes a magazine "Warm Wave" twice a year to introduce related businesses and local neighbors.

In 2022, we published a picture book <Child Walking in the Mist> through crowdfunding, which tells an autobiographical story of overcoming anxiety and pain caused by epilepsy with were neighbors.

I joined on a local broadcast and talked about easing the burden on patients with epilepsy and families by easing regulations on medical marijuana, and expressed his opinion on improving the perception of epilepsy through media.

we have worked to improve awareness of epilepsy and create social capital for people who do not know or have prejudices about epilepsy, and to help local and national projects to improve awareness of epilepsy and to help patients and non-epidemic people heal each other.

In 2021, I received the Daegu Metropolitan Council received the chairman's citation and the excellence award in the name of the Minister of Public Administration and Security for contribution to revitalizing the youth community.

In addition, When International Epilepsy Day celebration the 2022, which hosted by Korea Bureau for Epilepsy, I selected it as the Purple Light Award. And I married my loved one who understands and supports epilepsy and warm-eyed activities in May this year and have a happy family.

In the future, we will continue to meet and hold meetings with more epilepsy patients, while planning and operating various activities so that many people can understand epilepsy and become neighbors who create a social foundation for happiness together.