

Creator: Aika Agustin - BetterHelp Online Counseling April 2026

Brand: BetterHelp

Submit Date: 2026-03-30T22:49:32.562Z

Location: Outside the USA

Video Topic: The integration will be featured in a Life in Japan vlog where I going back to my countryside in Japan, along with a thrift vlog & haul segment.

Your video WILL NOT BE APPROVED unless:

- ✓ The paid promotion box is checked.
- ✓ The branded link in your description is clickable, working, and above the "show more."
- ✓ You include a proper written sponsorship disclosure in the description AND verbal sponsorship.
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Script:

Being back in the countryside always makes me feel so emotional—it's the place where a lot of rebuilding happened for me & my family. If you're not familiar with my story, we moved to Japan 10 years ago after my our life in Manila turned upside down. My mom had lost almost everything, and starting over here gave us another chance. It wasn't easy. I was only 16 at the time, and it was one of the hardest seasons we went through as a family. But looking back, it taught me so much. That experience made me realize that every challenge we go through is a chance for us to learn, gain wisdom & push us forward. If that chapter didn't happen, I wouldn't be here, sitting in front of you today.

Being a psychology major in college, I saw firsthand how helpful therapy can be, having that outside perspective and professional guidance on things I was dealing with,

[Describe one specific thing you were dealing with and how that outside perspective changed how you saw it. It will connect nicely. Spend 10 or more seconds here. thanks!]

that's why I'm

really happy ~~that today's paid partner is to be partnering up with~~ BetterHelp on this video.

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