

# You're ENOUGH just existing

Story XXXIV / Ep. 35

## THE NOW

IN HALL HEAD → MISS MAGIC

NO COMPASSION FOR OTHERS

NO CONNECTIONS → LONESOME

THE MORE IN YOUR HEAD

THE MORE IN DOWNWARD SPIRAL

BRAIN TAKING OVER + DEAL WITH IT

↓  
Thought carousel

↓  
INTERRUPT!  
PATTERN

↓  
REACH OUT TO A FRIEND  
+

FEEL THE FEELINGS.

THE FASTER YOU'RE MOVING,  
THE MORE YOU'RE IN FEAR.

THE MORE YOU'RE IN FEAR,  
THE MORE YOU'RE THINKING  
ABOUT YOURSELF.

THE MORE YOU'RE THINKING  
ABOUT YOURSELF,

THE LESS COMPASSION AND  
KINDNESS YOU  
HAVE FOR OTHERS,

THE MORE YOU MISS THE

~\* Magic ~\*

there's no love in hurrying  
there's no love in stress

Your DNA expires in 80-120 years  
and while you're here on this earth,  
in this body:

You GOT NOWHERE TO GO!

chill out & love gas moments.

## EXERCISE ② "DANCE BREAK"

- interrupt the pattern
- encourage expression
- encourage emotional release

- promotes connection to yourself and/or dance partner
- invites silliness/playfulness
- increases out of your head + into your body

- IG: • AMY KRISTINE PSYCH MEDIUM
- ASHR GRAY
- DRBC THERAPY
- GROWING WITH SAS

## EXERCISE ① "ALL THE YOU'S"

- imagine a safe place + a house to your right
- go to the house, knock and see a child open the door
- this child is you + leads you in a comfortable room full of all the ages + stages + versions of your life
- they are overjoyed to see you + you tell them all about what you currently go through
- ask them "So, who's the happiest of us All?"
- imagine your eldest self to hug you + tell you
  - ↳ you're exactly where you're meant to be
  - ↳ you'll be the happiest of us all
  - ↳ whenever you need us, we're here
  - ↳ we love you - welcome home!
- imagine your younger self saying
  - ↳ thank you for holding on
  - ↳ thank you for standing strong
  - ↳ thank you for everything!

- engages vestibular system (challenges balance)
- boost endorphins
- shifts from worries to the NOW