

JOURNEY TO WELLNESS

SHARING OUR APPROACH,
FOR ALL THE FAMILY





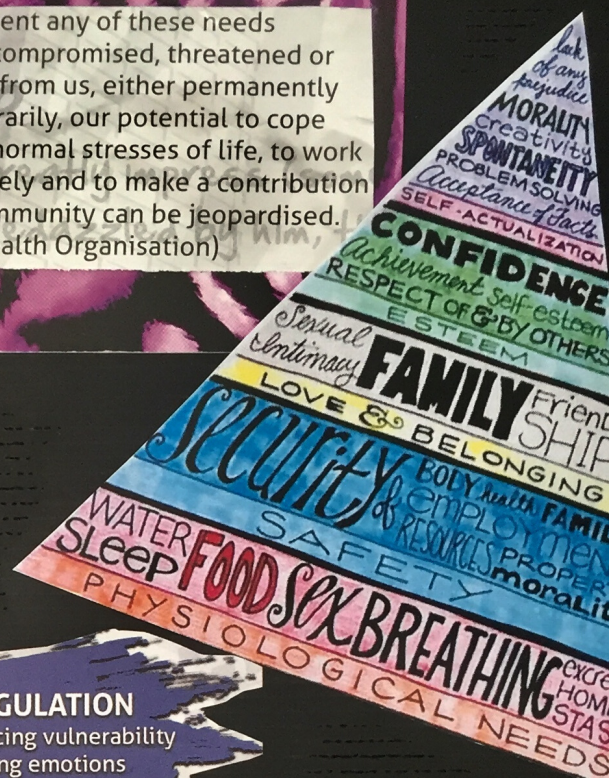
Bedazzle

"To greatly impress with outstanding ability"

MHFA England
INSTRUCTOR
MEMBER

**Mental Health
First Aider**
MHFA England

The moment any of these needs become compromised, threatened or removed from us, either permanently or temporarily, our potential to cope with the normal stresses of life, to work productively and to make a contribution to our community can be jeopardised.
(World Health Organisation)



MINDFULNESS
Being aware of the present moment without judgement

EMOTIONAL REGULATION
Understanding and reducing vulnerability to emotions, changing emotions

DISTRESS TOLERANCE
Managing a crisis without worsening the situation, accepting reality as it is

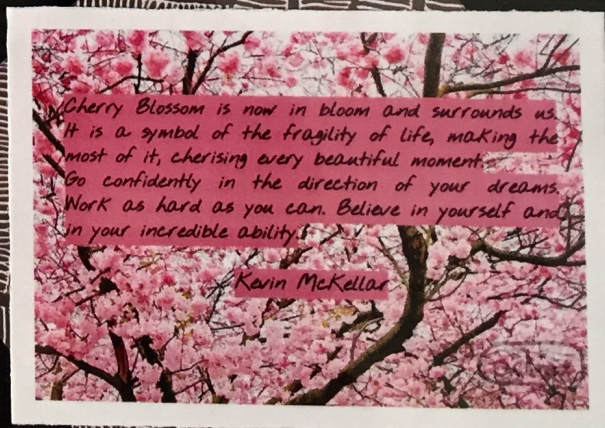
INTERPERSONAL EFFECTIVENESS
Getting needs met, maintaining relationships, increasing self-respect in relationships

Here at Bedazzle we aim to support young people through those times where they may not be able to think so clearly to a place where they are able to fulfil their outstanding ability - be that by nurturing their creative talents or by simply teaching the skills needed to survive in life.

bedazzle
/bɪˈdaz(ə)l/
verb

greatly impress (someone) with outstanding ability.
"bedazzled by him, they offered him a post in Paris"

- make (someone) unable to think clearly.
"vast amounts of time and money are expended to ensure that the documents bedazzle rather than disclose"

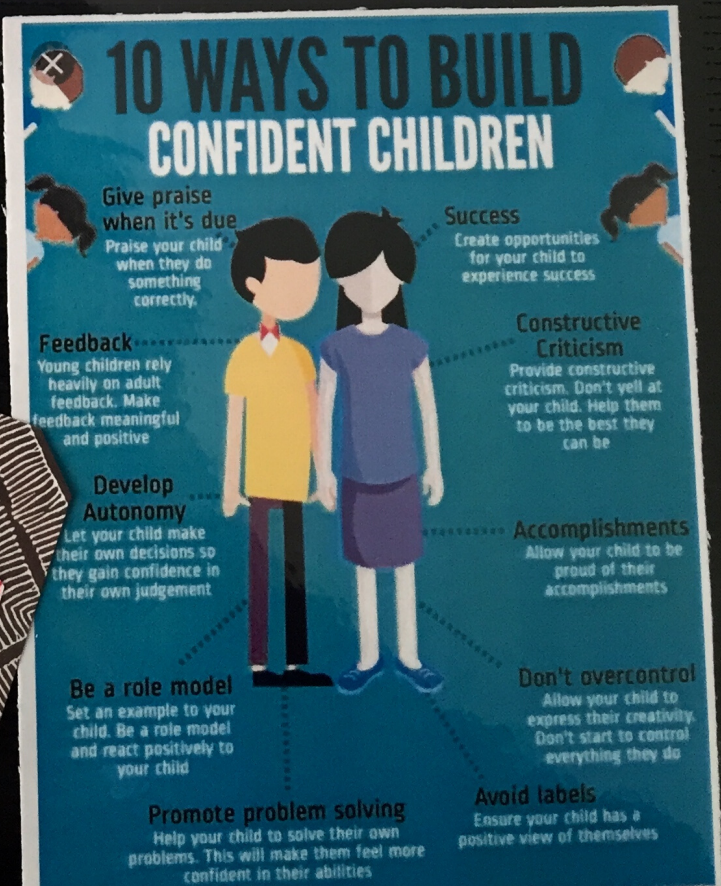
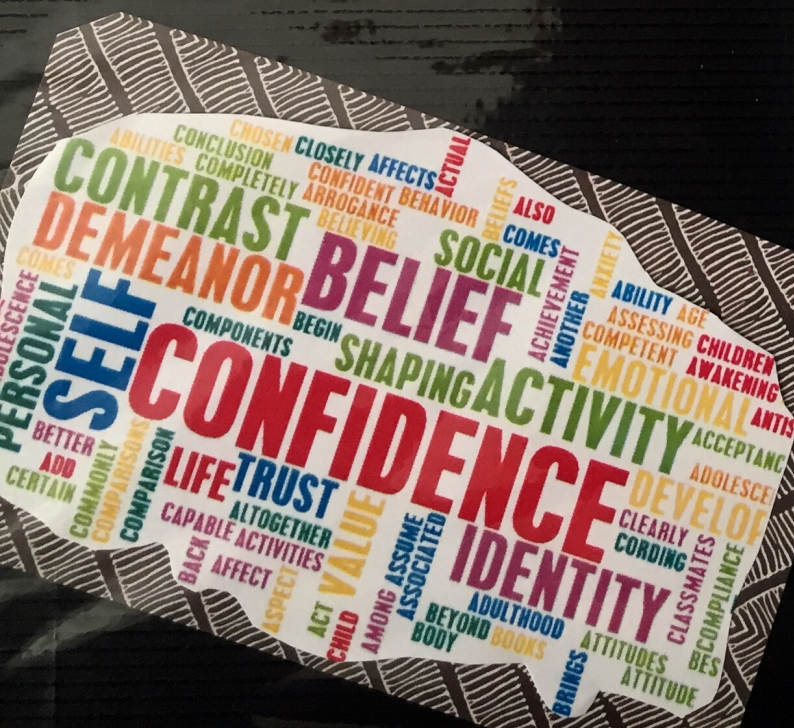


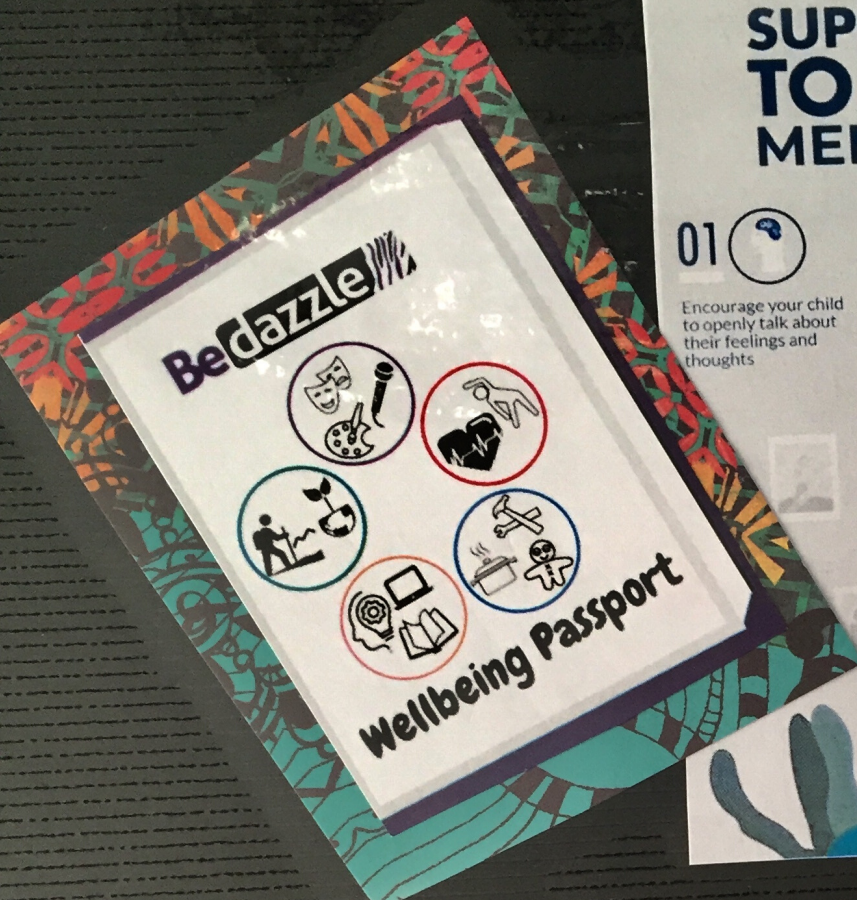
Bedazzle

Children Learn What They Live

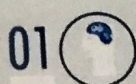
by Dorothy Law Nolte (1924 - 2005)

If children live with criticism, they learn to condemn.
If children live with hostility, they learn to fight.
If children live with fear, they learn to be apprehensive.
If children live with pity, they learn to feel sorry for themselves.
If children live with ridicule, they learn to feel shy.
If children live with jealousy, they learn to feel envy.
If children live with shame, they learn to feel guilty.
If children live with encouragement, they learn confidence.
If children live with tolerance, they learn patience.
If children live with praise, they learn appreciation.
If children live with acceptance, they learn to love.
If children live with approval, they learn to like themselves.
If children live with recognition, they learn it is good to have a goal.
If children live with sharing, they learn generosity.
If children live with honesty, they learn truthfulness.
If children live with fairness, they learn justice.
If children live with kindness and consideration, they learn respect.
If children live with security, they learn to have faith
in themselves and in those about them.
If children live with friendliness, they learn the world
is a nice place in which to live.





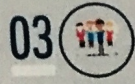
10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS



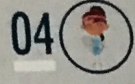
01 Encourage your child to openly talk about their feelings and thoughts



02 When your child is worrying help them to effectively problem solve



03 Support them to connect and build positive relationships with others



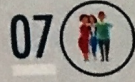
04 Encourage them to look after their physical health (Sleep, food, exercise)



05 Help them to stay focused on the present moment using mindfulness



06 Highlight the importance of looking after both physical and mental health



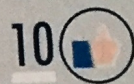
07 Be a mental health role model. Demonstrate positive behaviours



08 Praise, encourage, motivate and regular support your child to build their self esteem



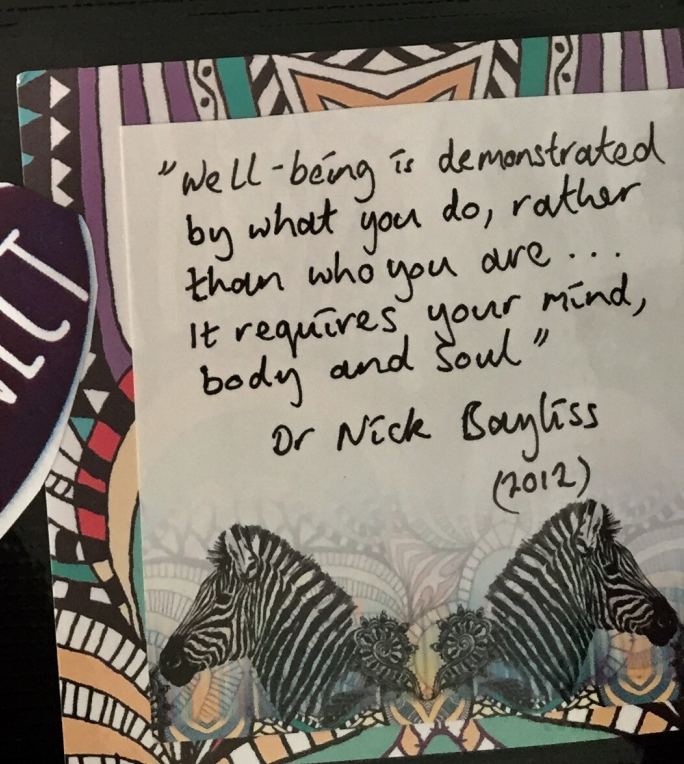
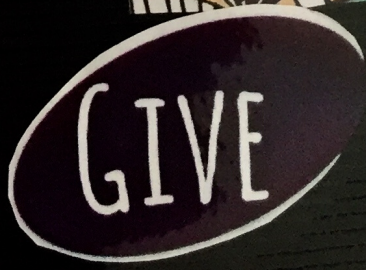
09 Work together to learn some coping skills such as deep breathing

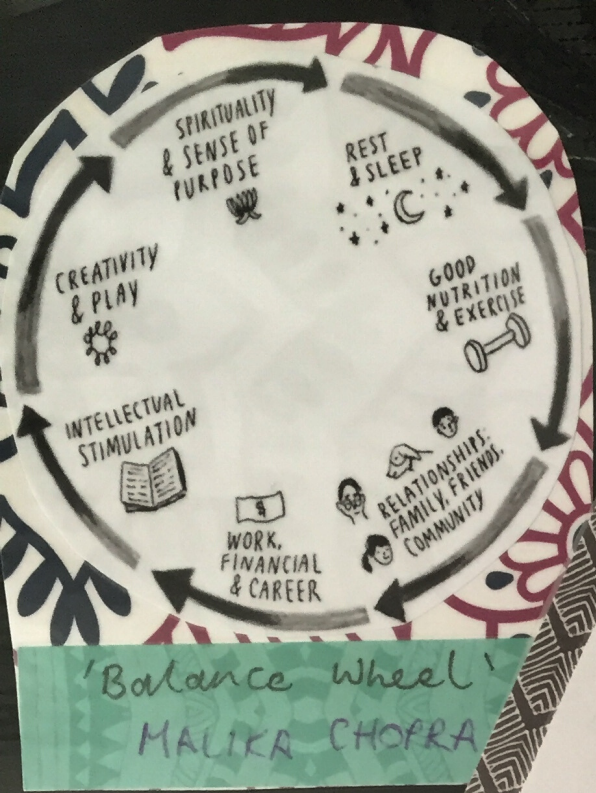


10 As your child grows up encourage and support autonomy



@BELIEVEPHQ





HotIronKnowHow
How to thrive under high pressure

Guide 1: **HotIronLiving**
How to thrive on this high pressure life by striking skillfully while the iron's hot

Guide 2: **HotIronLearning**
Swiftly learn any new skill for personal & professional life by striking skillfully while the iron's hot

Guide 3: **HotIronHealing**
Heal your mind & body from trapped emotional pain by striking skillfully while the iron's hot

BeDazzle
be-daz-zle; /be 'dazəl/; verb. To greatly impress (someone) with outstanding ability.

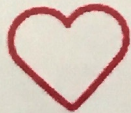
Ways to Wellbeing
Doing well at being well

CPD CERTIFIED
The CPD Certification Service

MHFA England
INSTRUCTOR FOR
MINDFULNESS

Thrive
Mindfulness Centre
London 2019

The six strengths we all need for good psychological wellbeing



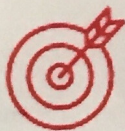
S

Self-acceptance

I aim to keep a positive attitude towards myself, being happy with who I am.

I recognise and accept that there are multiple sides to me, and that these inevitably include both good and bad qualities.

It's my choice to feel mainly positive about my past life.



P

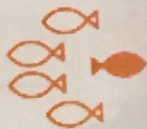
Purpose

There's a sense of direction to my life, and I have clear goals.

My life, both present and past, has meaning.

I hold personal beliefs that help to give my life purpose.

My daily life is structured around objectives and aims.



I

Independence

Whenever appropriate, I determine my own direction in life, independently.

Social pressures don't sway my thoughts and actions.

Self-control enables me to regulate my behaviours.

I don't make judgements by comparing myself to others.



R

Resourcefulness

I try to enjoy managing everyday life, feeling a sense of achievement.

If things go wrong, I'm generally able to adapt and adjust.

I like spotting opportunities and making the most of them.

I feel a certain sense of control over the world immediately around me.



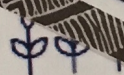
I

Interconnection

I work hard at maintaining warm, satisfying relationships with others, and am concerned about their welfare.

I enjoy feeling close to people, and empathetic.

I appreciate that all human relationships involve a degree of give and take, and compromises.



T

Transformation

My life is always developing, and I'm continually growing and expanding.

I'm always open to new experiences.

I believe I'm realising my potential, and am understanding more about myself every day.

PROFESSOR CAROL RYFF

Life changes

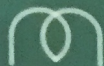
Leaving home

Changing schools, or the transition from school to university

Family or relationship breakdown

Accidents, illness or bereavement

Legal issues, arrest or imprisonment



MHFA England

Emotional

Peer pressure including on social media

Abuse or bullying (online or in person)

Conflicting cultural values and beliefs

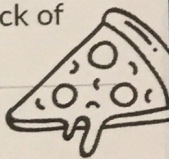
Coping with uncertainty

Physical

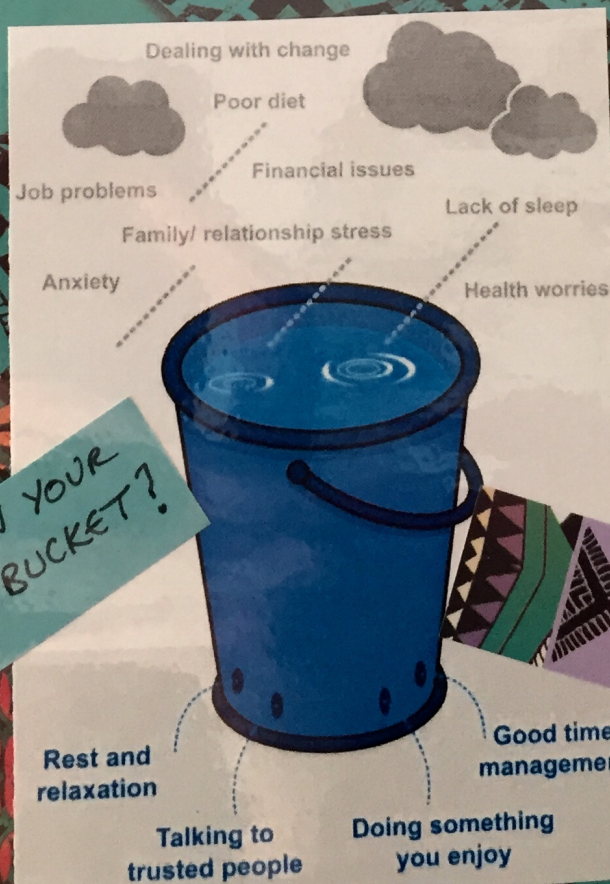
Late nights or lack of routine

Poor diet

Misuse of alcohol or drugs



Sources of stress



Environmental

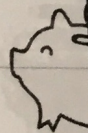
Discrimination based on race, sexuality, gender, or disability

Poor or unstable housing

Social isolation

Unemployment, money worries

Academic pressure



WHAT IS IN YOUR STRESS BUCKET?

WHAT ARE YOUR COPING STRATEGIES?

STRESS AND THE BODY



HEAD & MIND

Confusion, trouble finding words, fatigue, dizziness, headaches, jaw pain, fidgeting, dry mouth

HEART

Chest tension, racing pulse, chest pain, skipped beat, pounding pulse, shallow breathing

REPRODUCTIVE

Decreased fertility, missed periods, low sex drive, more PMS symptoms

DIGESTION

Stomachache, heartburn, nausea, food cravings, constipation, diarrhea, cramping, indigestion

IMMUNE SYSTEM

More frequent illnesses, such as colds, illnesses last longer and feel worse than usual

BONES & MUSCLES

Joint pain, muscle aches, muscle tension, stiffness, increased risk for injury

LONG PERIODS OF STRESS
WILL IMPACT PHYSICAL
AND MENTAL HEALTH
#ADDRESS YOUR STRESS

WHAT STRESS LOOKS
LIKE IN OUR BEHAVIOUR
AND EMOTIONS

OUR BODIES NATURAL
RESPONSES TO STRESS:

FIGHT FLIGHT
OR FREEZE

- SURVIVAL OF THREAT
- COMPEL US TO ACHIEVE

There is normally an
underlying fear from:
THE UNKNOWN CONSEQUENCES
OR THINGS BEYOND OUR
CONTROL



If you try to control
everything, and then
worry about the things
you can't control,
you are setting yourself
up for a lifetime of
frustration and misery.

-Unknown

Behavior is communication

What we see: Behavior

What we don't see:
What's under the surface

SOCIAL SKILLS

BASIC NEEDS

PHYSICAL SAFETY

NEED

SECURITY

THOUGHTS

EXECUTIVE FUNC

ENVIRONMENTAL
STRESSORS

HUNGER

SLEEP

ATTACHMENT

NEED FOR CON

POWER

ATTENTION

SENSORY NEEDS

EMOTI

SELF-ESTEEM

DEVELOPMENTAL LEVEL

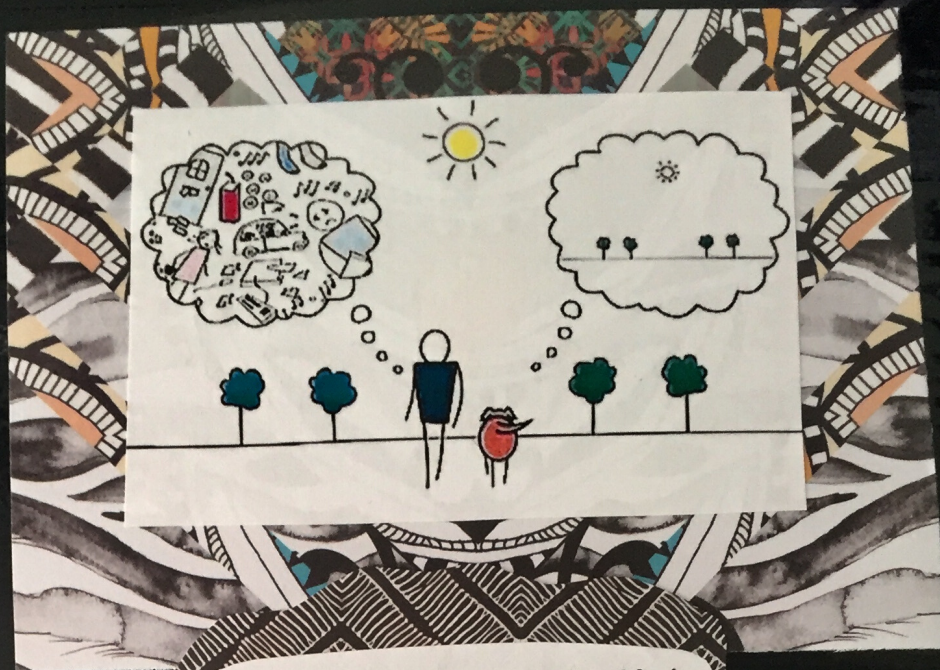
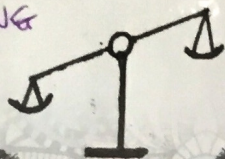
SADNESS

NEED FOR ATTENTION

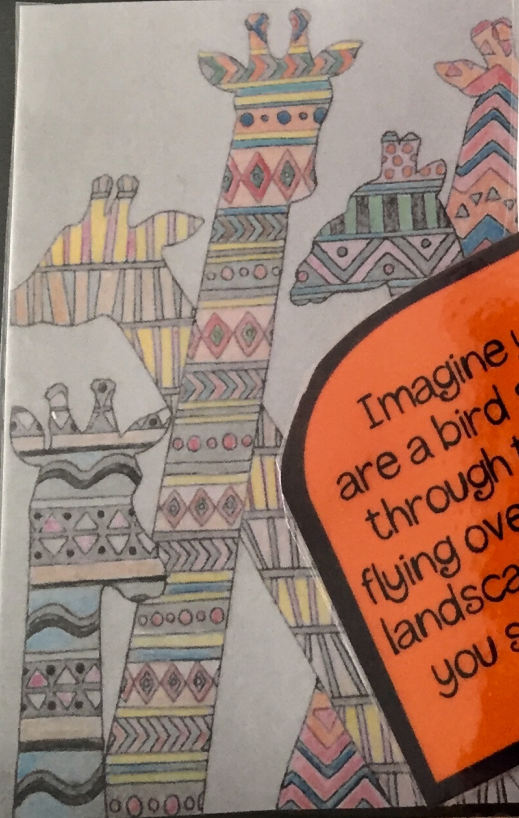
BENEFITS OF MINDFULNESS:

- REDUCES PAIN & STRESS
- INCREASES SELF CONTROL
- IMPROVES CONCENTRATION & FOCUS.
- INCREASES OUR CONNECTIONS.

BEING DOING

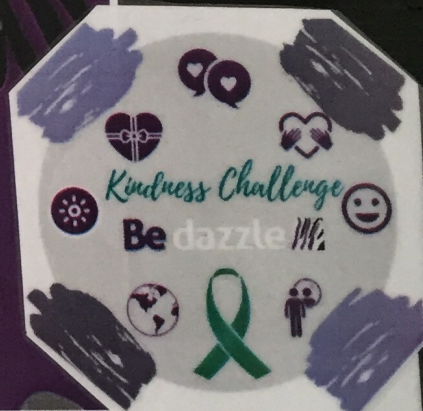


Mind full vs Mindful



Imagine you are a bird soaring through the sky, flying over beautiful landscape, what do you see beneath you?

It's totally okay to take a break.

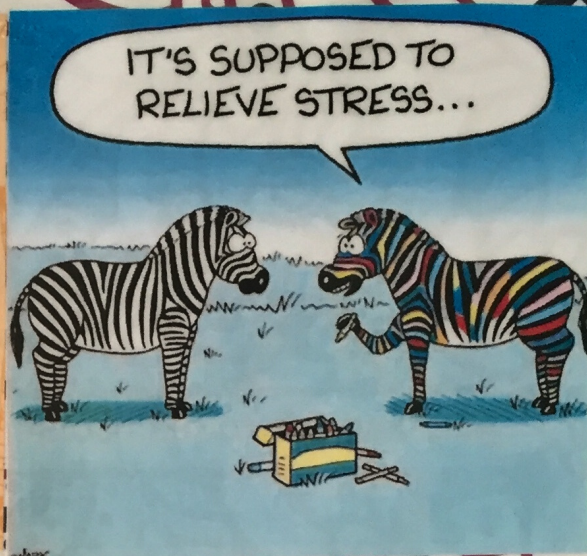
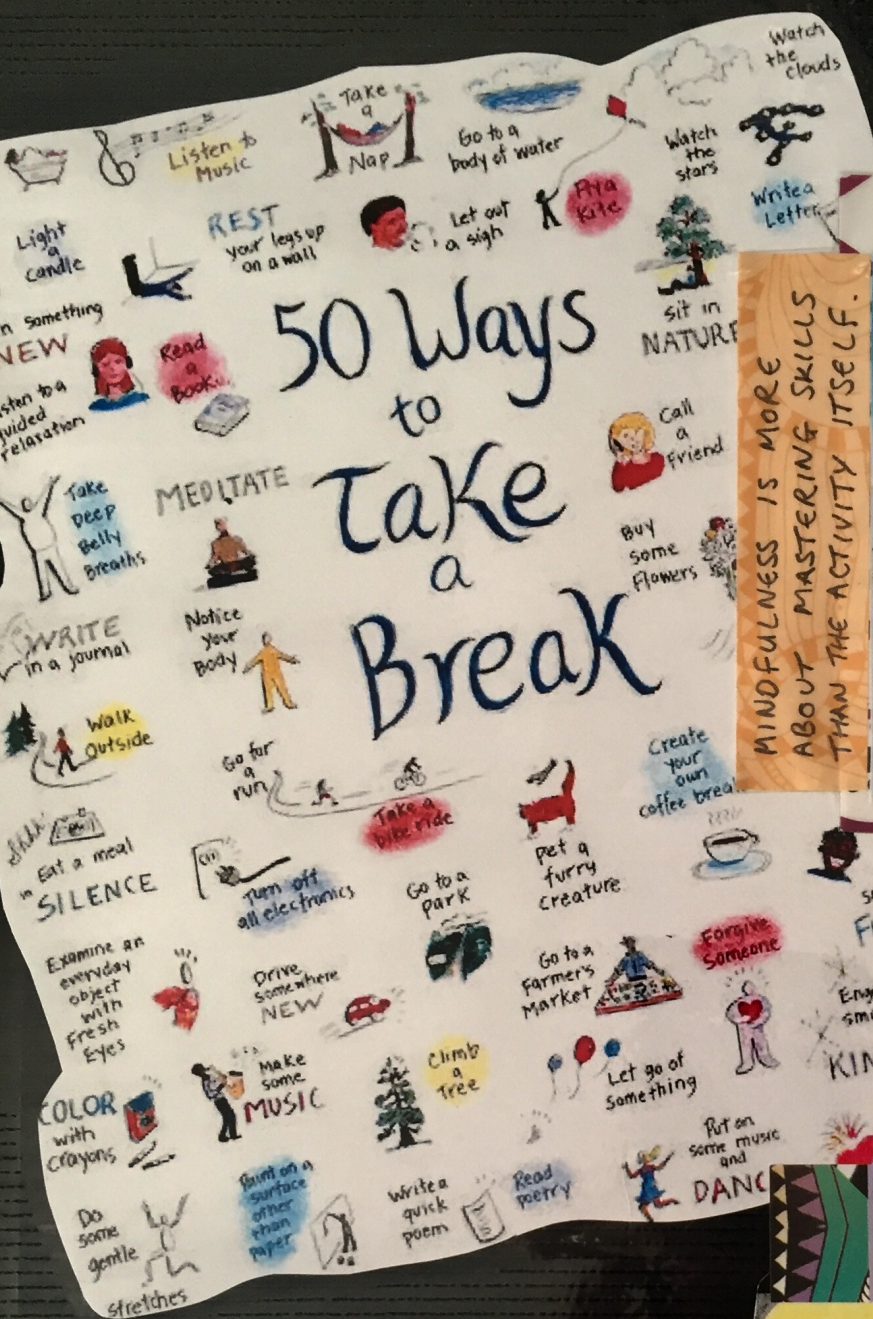


MINDFUL MOVEMENT

"I took a walk in the woods and came out taller than the trees"

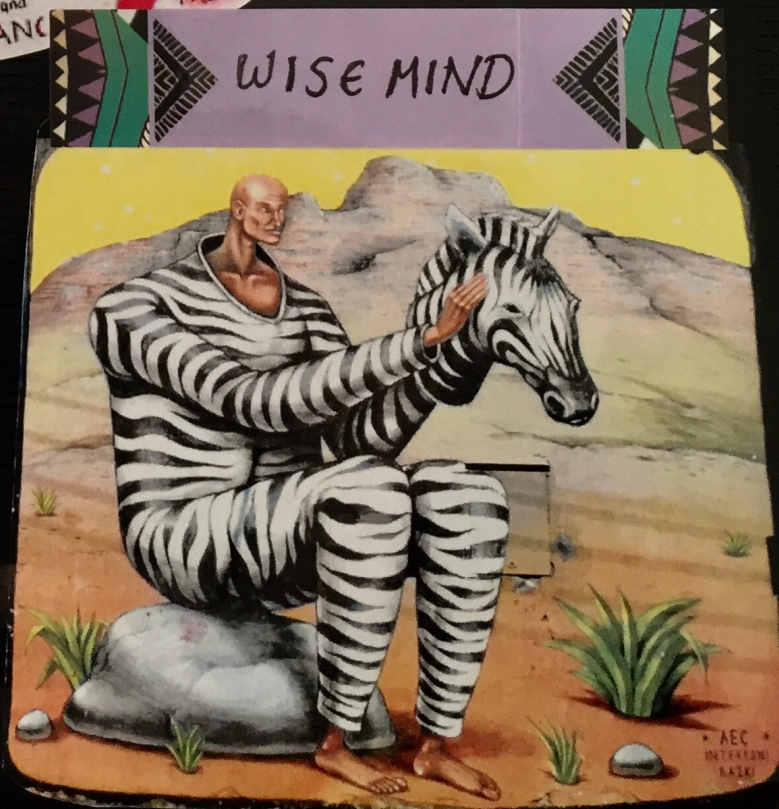
HENRY THOREAU



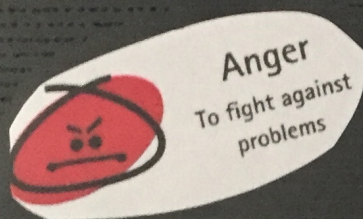
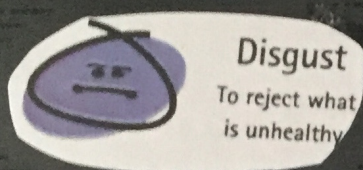
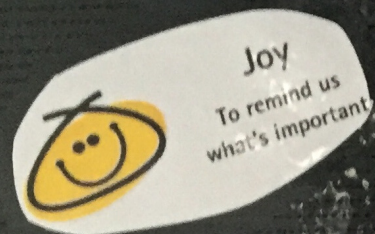
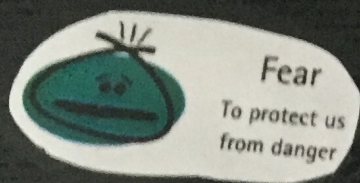


What you do when practicing
How you do it

It's not about controlling.
It's about being present,
being open,
being aware,
and allowing it to come.



WISE MIND



EMOTIONS AREN'T "GOOD" OR "BAD"

EXAMPLES

STRESS

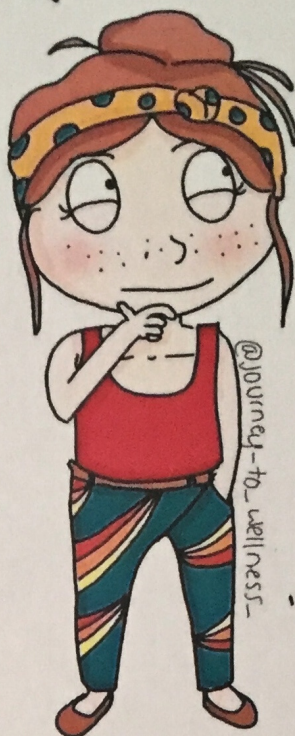
"I need to slow down. I need self-care."

SAD

"It's okay. I need love & to look for joy & gratitude."

ANXIOUS

"I need calm & grounding. I can remind myself I am safe & can manage this."



@journey-to-wellness

They are SIGNALS to us...

our body bringing our attention to something → Maybe letting you know that something is 'off-kilter' or out of balance.

ASK YOURSELF:

"WHAT IS THIS FEELING TRYING TO TELL ME?"

DON'T YELL OVER A SCREAMING CHILD

BE AWARE OF YOUR BODY LANGUAGE

DECREASE STIMULATION

Reaching the Learning Brain Dr Bruce Perry's 3 Rs

1. Regulate

(Brainstem and midbrain - the sensory motor brain)
Help the child to regulate and calm their stress responses - fight, flight, freeze. Offer soothing comfort and reassurance.

2. Relate

(Limbic brain - the emotional relational brain)
Connect with the child through attuned, sensitive relationship. Empathise and validate the child's feelings so they feel seen, heard and understood.

3. Reason

(Cortical brain - the great human 'thinking' brain)
Now that the child is calm and connected they are able to fully engage in learning.

Heading straight for the reasoning part of the brain cannot work if a child is dysregulated and disconnected from others.

CALMING VISUALS

VALIDATE THEIR FEELINGS, NOT THEIR ACTIONS

AVOID MAKING DEMANDS

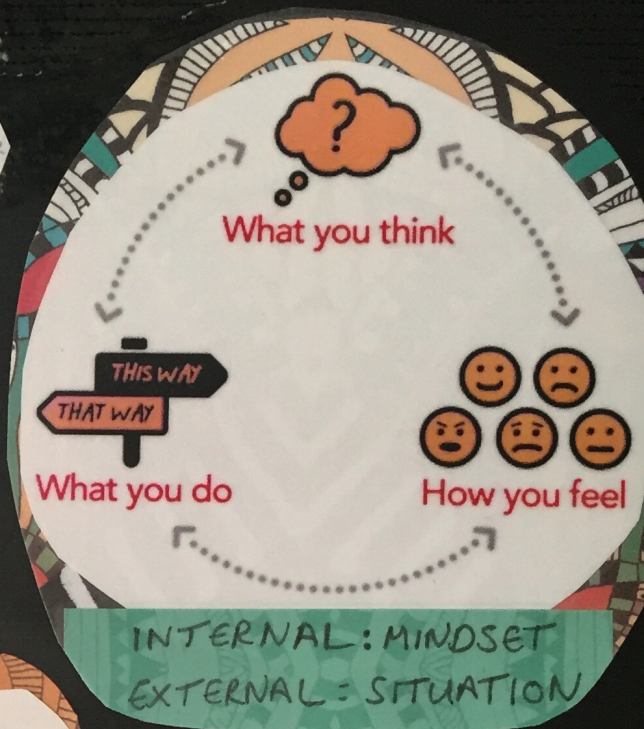
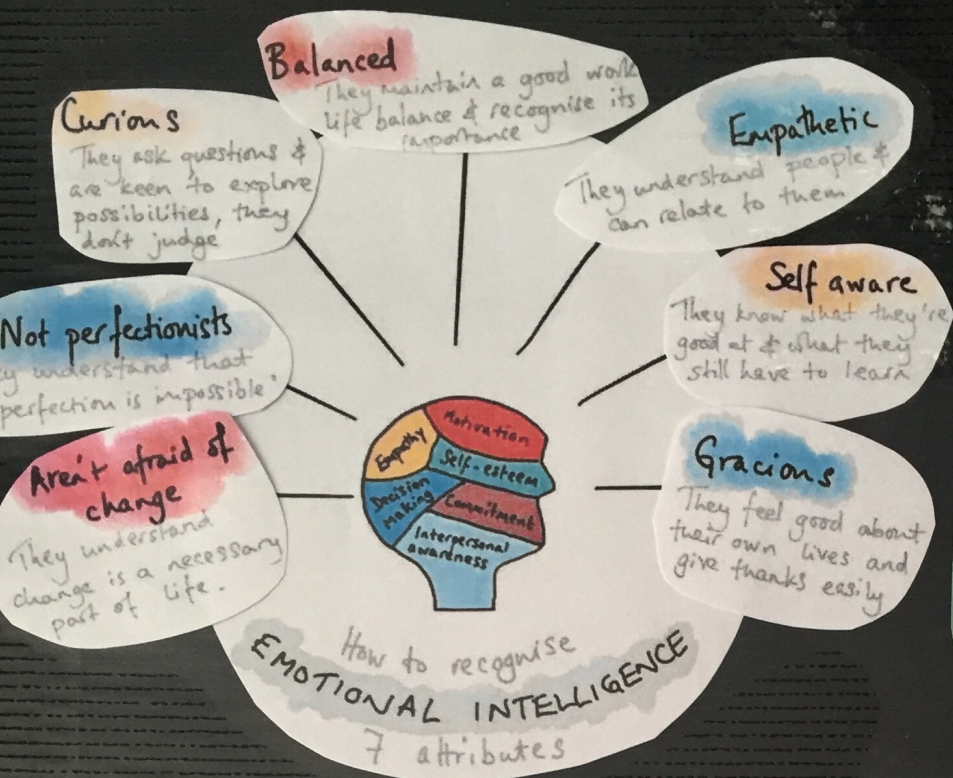
ANSWER QUESTIONS BUT IGNORE VERBAL AGGRESSION

MOVEMENT BREAK

REFLECTION

EMOTION REGULATION

- ☐ Accumulate the
- ☐ Positives.
- ☐ Identify problem behaviours
- ☐ Plan Ahead
- ☐ to help Cope
- ☐ Fact Check

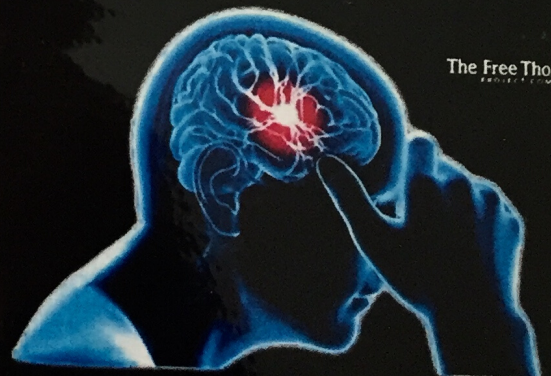


Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say that
Today was a good day

Now read from bottom to top.

COGNITIVE DISSONANCE

THIS IS WHY PEOPLE GET UPSET WHEN THEIR BELIEFS ARE CHALLENGED



The Free Thought Project

A MENTAL CONFLICT OCCURS WHEN BELIEFS ARE CONTRADICTED BY NEW INFORMATION. THIS CONFLICT ACTIVATES AREAS OF THE BRAIN INVOLVED IN PERSONAL IDENTITY AND EMOTIONAL RESPONSE TO THREATS. THE BRAIN'S ALARMS GO OFF WHEN A PERSON FEELS THREATENED ON A DEEPLY PERSONAL AND EMOTIONAL LEVEL CAUSING THEM TO SHUT DOWN AND DISREGARD ANY RATIONAL EVIDENCE THAT CONTRADICTS WHAT THEY PREVIOUSLY REGARDED AS 'TRUTH'.

Ctrl

control yourself

Alt

Look For
Alternative
Solutions

Del

Delete Situations
that give you
tension & negative
energy

Impulse Control

The ability to stop and
think before acting.

Allows kids to imagine
the consequences of
their behavior.

Movement Control

The ability to control
body movements.

Lets kids regulate their
physical actions and
responses in an
appropriate way.

Emotional Control

What it means:

The ability to manage
feelings by thinking
about goals.

The key benefit:

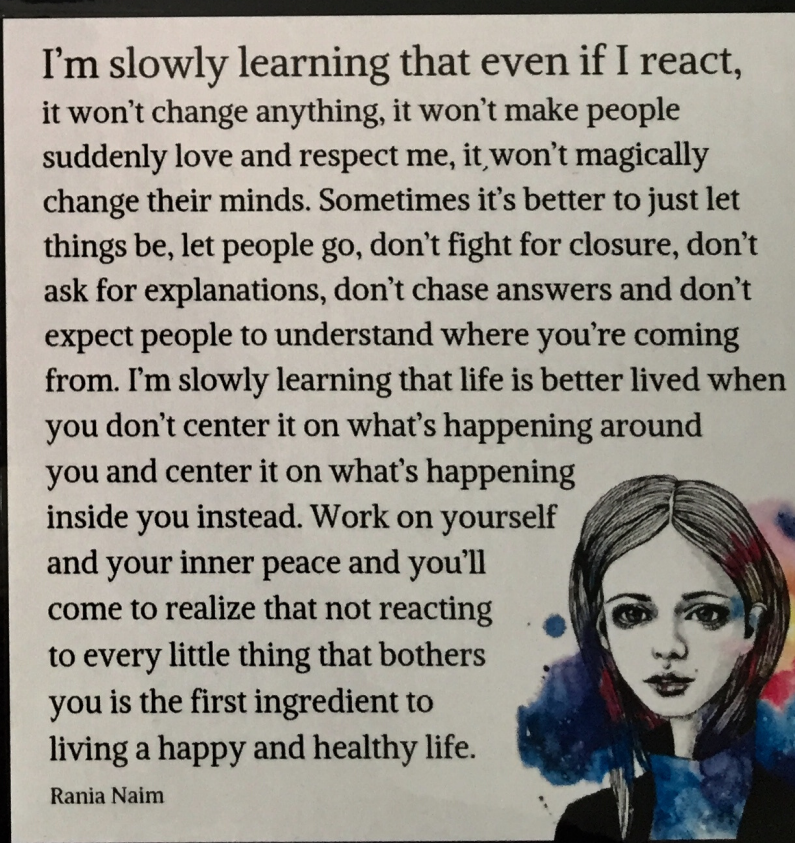
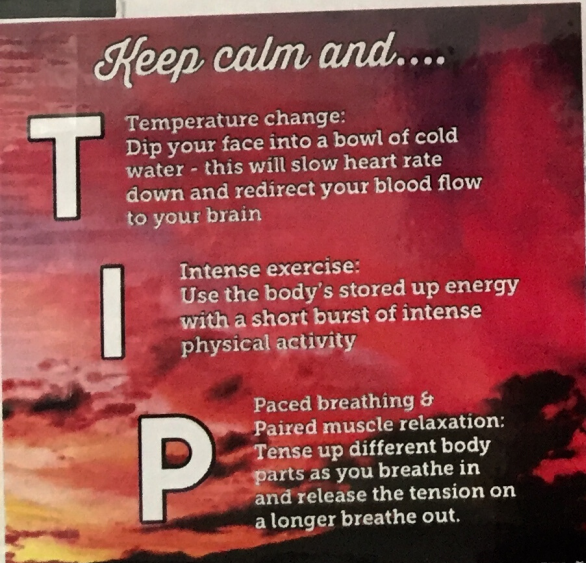
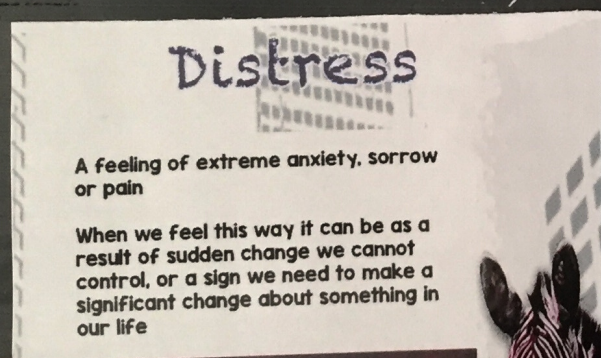
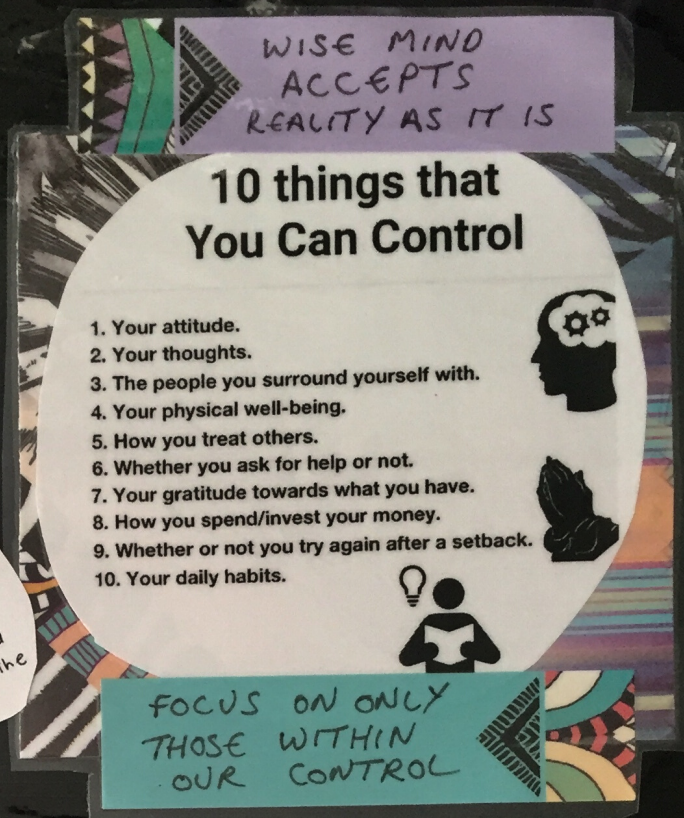
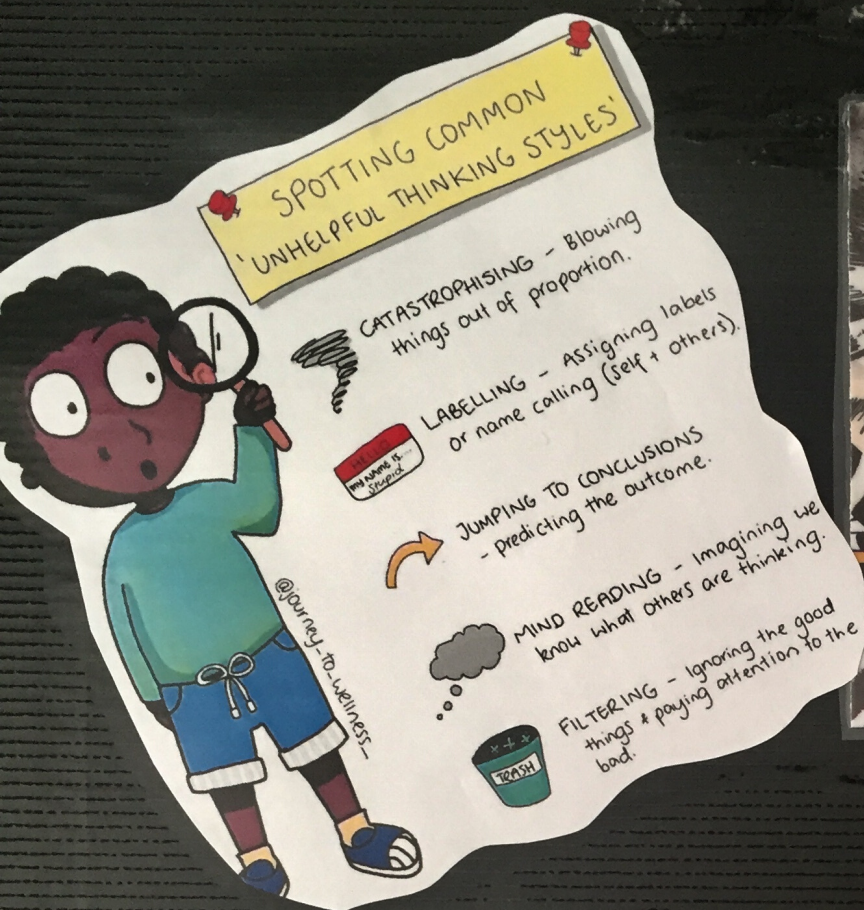
Helps kids keep going
even when upsetting or
unexpected things
happen.

LEARNING HOW TO
SELF SOOTHE



DISTRESS TOLERANCE
GOAL:

To survive a crisis or
difficult situation
- without making it
worse!

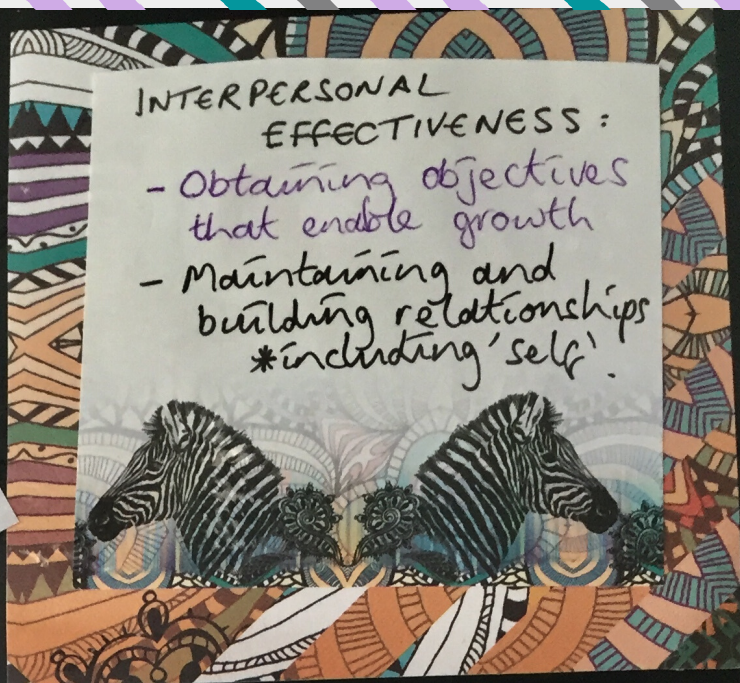


SINGLE TAKEN

☐ BUILDING AN EMPIRE.
☐ FINDING MYSELF.
☒ HEALING MYSELF.
 LOVING MYSELF.
 BEING PASSIONATE.
 GETTING FIT.
 GROWING FRIENDSHIPS.
 MEETING NEW PEOPLE.
 MAKING MEMORIES.

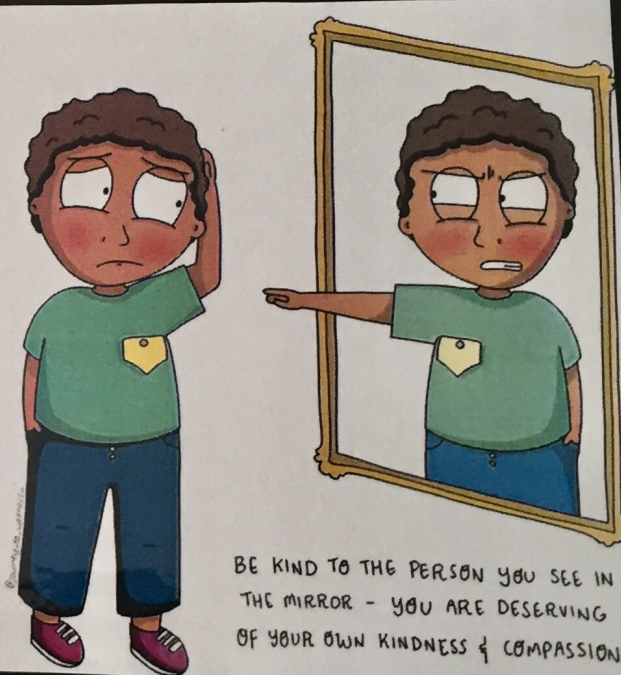
INTERPERSONAL EFFECTIVENESS :

- Obtaining objectives that enable growth
- Maintaining and building relationships *including 'self'.



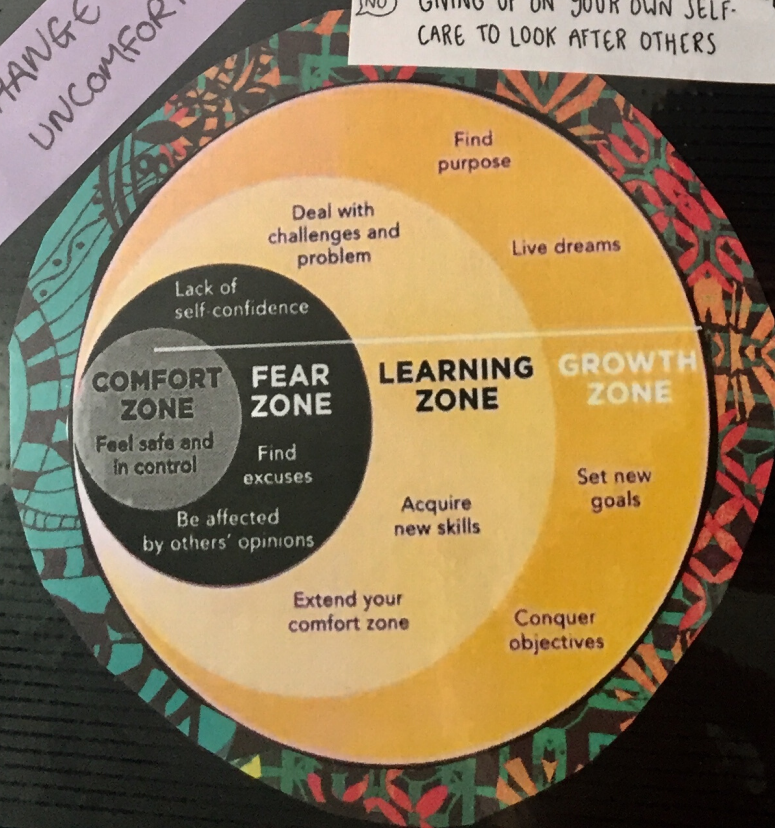

SAY "NO" TO...

- (NO) COMPROMISING YOUR OWN NEEDS TO MEET SOMEONE ELSE'S
- (NO) NOT STANDING UP FOR WHAT YOU BELIEVE IN
- (NO) AVOIDING THINGS THAT CAUSE YOU ANXIETY
- (NO) NOT CHASING YOUR DREAMS & GOALS
- (NO) GIVING UP ON YOUR OWN SELF-CARE TO LOOK AFTER OTHERS



BE KIND TO THE PERSON YOU SEE IN THE MIRROR - YOU ARE DESERVING OF YOUR OWN KINDNESS & COMPASSION.

CHANGE FEELS UNCOMFORTABLE

WHY FIT IN, WHEN YOU WERE BORN TO STAND OUT?

1 BE IMPECCABLE WITH YOUR WORD

- A. SPEAK WITH INTEGRITY.
- B. SAY ONLY WHAT YOU MEAN.
- C. AVOID USING THE WORD TO SPEAK AGAINST YOURSELF OR TO GOSSIP ABOUT OTHERS.
- D. USE THE POWER OF YOUR WORD IN THE DIRECTION OF TRUTH AND LOVE.

2 DON'T TAKE ANYTHING PERSONALLY

- A. NOTHING OTHERS DO IS BECAUSE OF YOU.
- B. WHAT OTHERS SAY AND DO IS A PROJECTION OF THEIR OWN REALITY, THEIR OWN DREAM.
- C. WHEN YOU ARE IMMUNE TO THE OPINIONS AND ACTIONS OF OTHERS, YOU WON'T BE THE VICTIM OF NEEDLESS SUFFERING.

THE FOUR AGREEMENTS

BY DON MIGUEL RUIZ

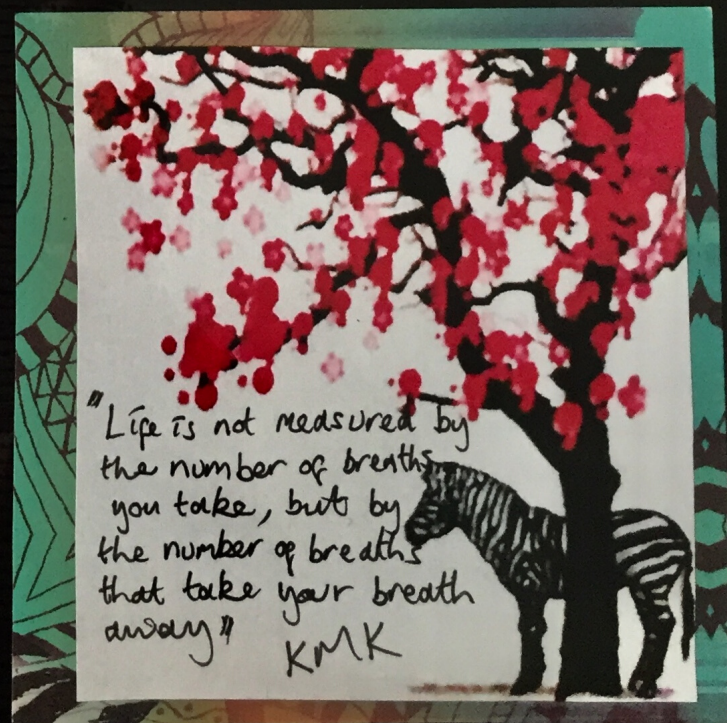
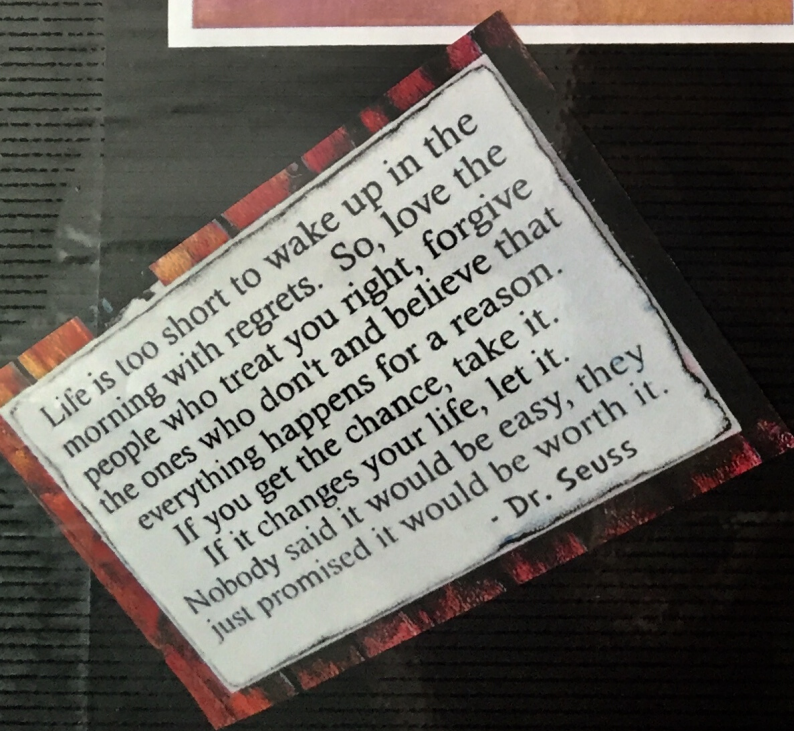
3 DON'T MAKE ASSUMPTIONS

- A. FIND THE COURAGE TO ASK QUESTIONS AND TO EXPRESS WHAT YOU REALLY WANT.
- B. COMMUNICATE WITH OTHERS AS CLEARLY AS YOU CAN TO AVOID MISUNDERSTANDINGS, SADNESS AND DRAMA.
- C. WITH JUST THIS ONE AGREEMENT, YOU CAN COMPLETELY TRANSFORM YOUR LIFE.

4 ALWAYS DO YOUR BEST

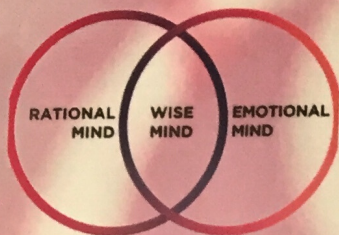
- A. YOUR BEST IS GOING TO CHANGE FROM MOMENT TO MOMENT; IT WILL BE DIFFERENT WHEN YOU ARE HEALTHY AS OPPOSED TO SICK.
- B. UNDER ANY CIRCUMSTANCE, SIMPLY DO YOUR BEST, AND YOU WILL AVOID SELF-JUDGMENT, SELF-ABUSE, AND REGRET.

UPLIFT





Dialectical Approach



DBT TEACHES US TO WALK THE MIDDLE PATH, ENGAGING OUR WISE MIND FOR INNER PEACE AND ADOPTING A DIALECTICAL APPROACH WORKING WITH ACCEPTANCE AND CHANGE, TO LIVE A LIFE WORTH LIVING

Assumptions of DBT:

- Everything is interrelated
- The universe is not static
- Change is the only constant

It requires us to reframe how we think about ourselves, others and our circumstances

It builds on the concept of duality, that life is created by a balanced interaction of opposite and competing forces, that remain complimentary to each other.

In order to foster more positive relationships, it starts with exploring our self constructed ideals



Frame of identity:

How we see ourselves

How we think others see us

How others really see us



Pillars of Perception:

Perspective or Position,

Principles,

Presumptions & Prejudices



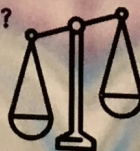
DBT SKILLS AND STAGES



DBT teaches us to tune into our feelings, to stop seeing them as good or bad feelings but to embrace them, as they communicate what our body and mind need!

FEELING SAD OR LOW?

FEELING ANXIOUS?

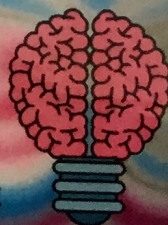


WHAT WILL BRING YOU JOY?

WHAT DO YOU NEED TO FEEL SAFE?

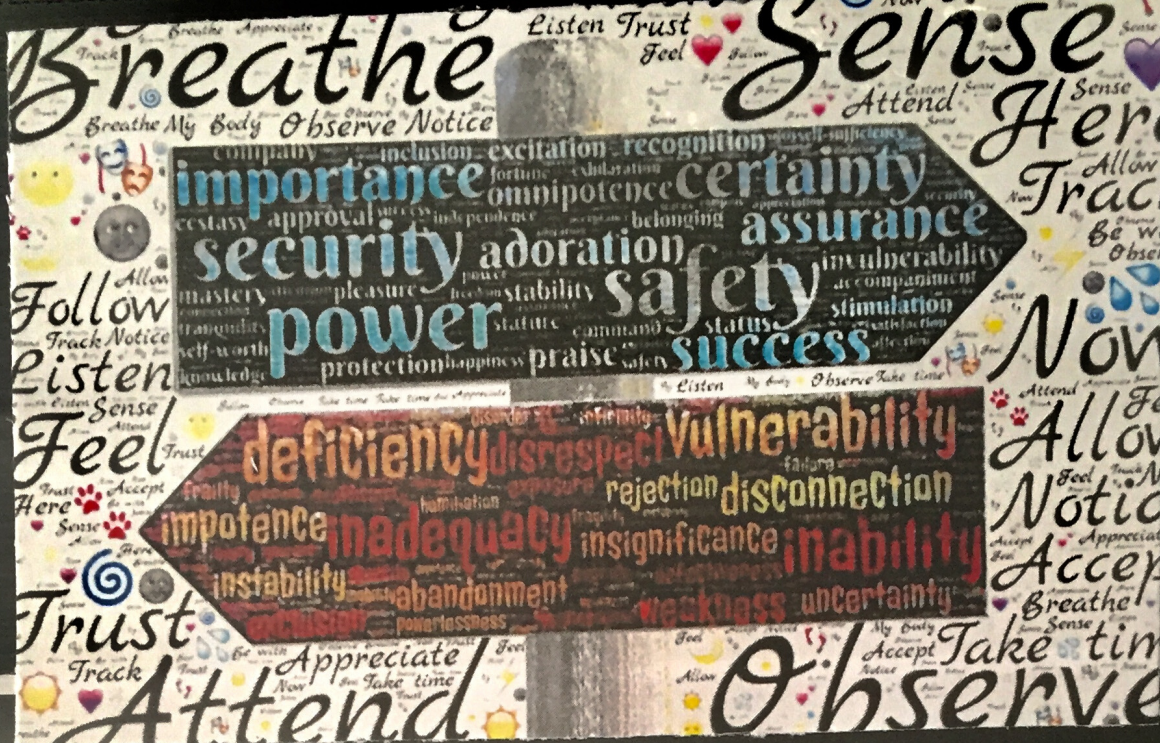
By recognising, observing and noticing our feelings, it can help us to react in ways that empower us. This requires us to dip into the different toolboxes, often using more than one skill at a time.

The stages include crisis, learning, healing and living and we can move between the different stages easily.



You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.

Jane Goodall



To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch... to know even one life has breathed easier because you have lived. This is to have succeeded! -Emerson

HOW THE BRAIN LEARNS

THE BRIGHT AND DARK SIDES OF NEUROPLASTICITY



Neuroplasticity makes your brain resilient.

Neuroplasticity enables you to recover from stroke, injury, and birth abnormalities.

You can learn new ways of being and responding to conflict.

In many cases, you can also overcome depression, addiction, obsessive compulsive patterns, ADHD, and other issues.



Neuroplasticity means the brain is always learning.

But the brain is neutral - it doesn't know the difference between good and bad.

It learns whatever is repeated - both helpful and unhelpful thoughts, actions, and habits.

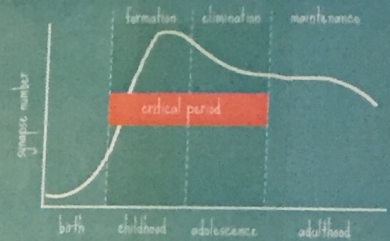
Therefore neuroplasticity may entrench depressive, anxious, obsessive, and over-reactive patterns.

Neurons and Synapses

LEARNING BY EXPERIENCE

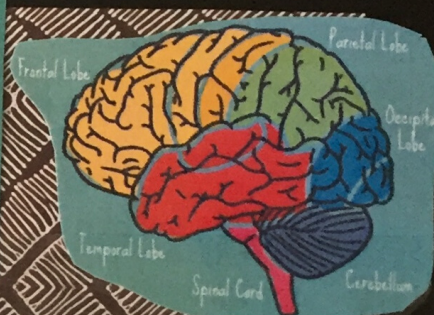
- Every new experience create new connections in the brain
- Repeated experiences strengthen the connections
- Unused connections disappear if not used (forgetting).

Connections grow and disappear over time

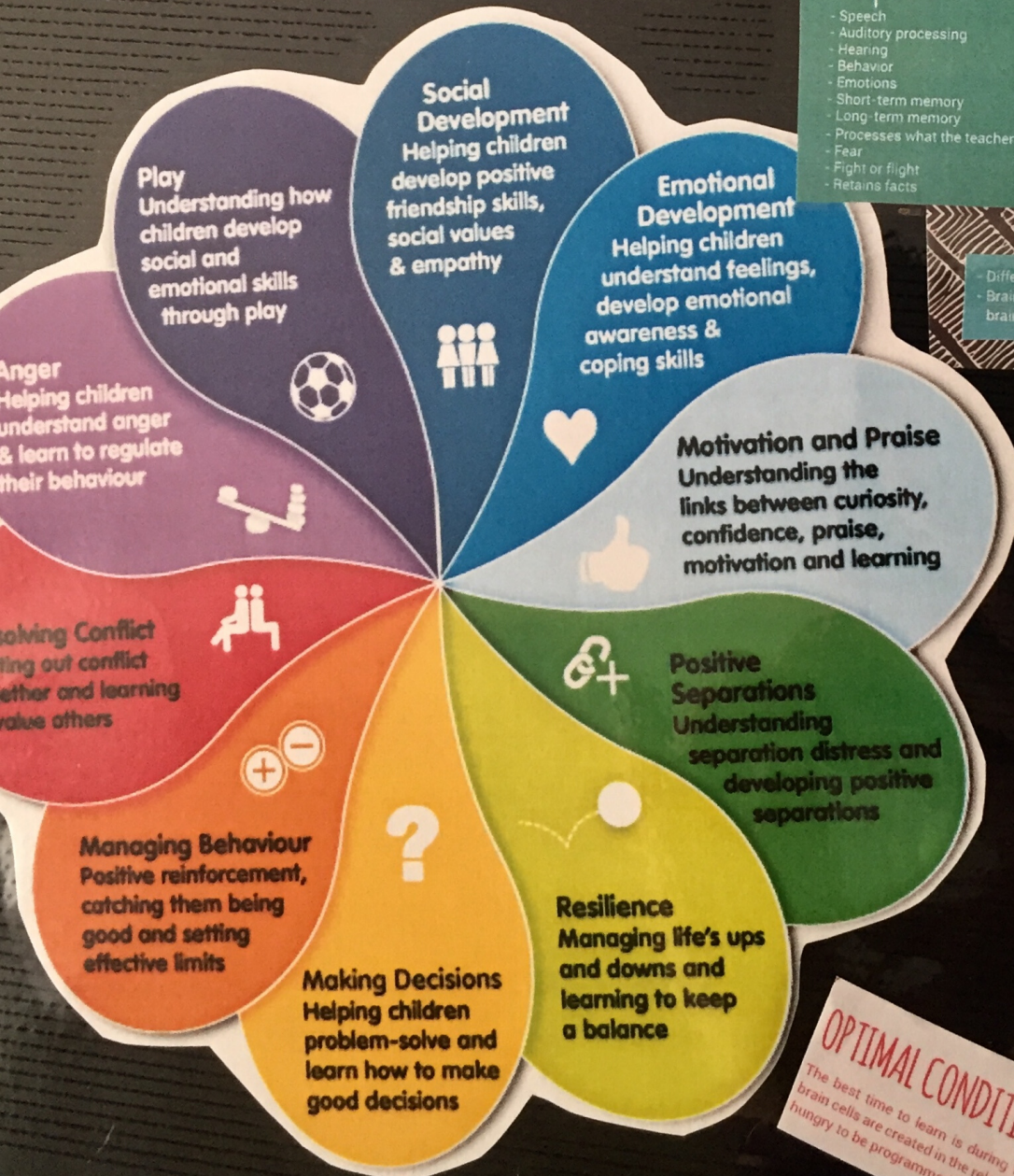


Temporal Lobe

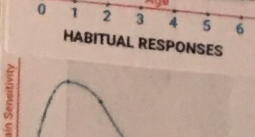
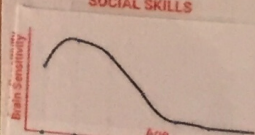
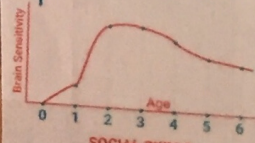
- Speech
- Auditory processing
- Hearing
- Behavior
- Emotions
- Short-term memory
- Long-term memory
- Processes what the teacher teaches
- Fear
- Fight or flight
- Retains facts



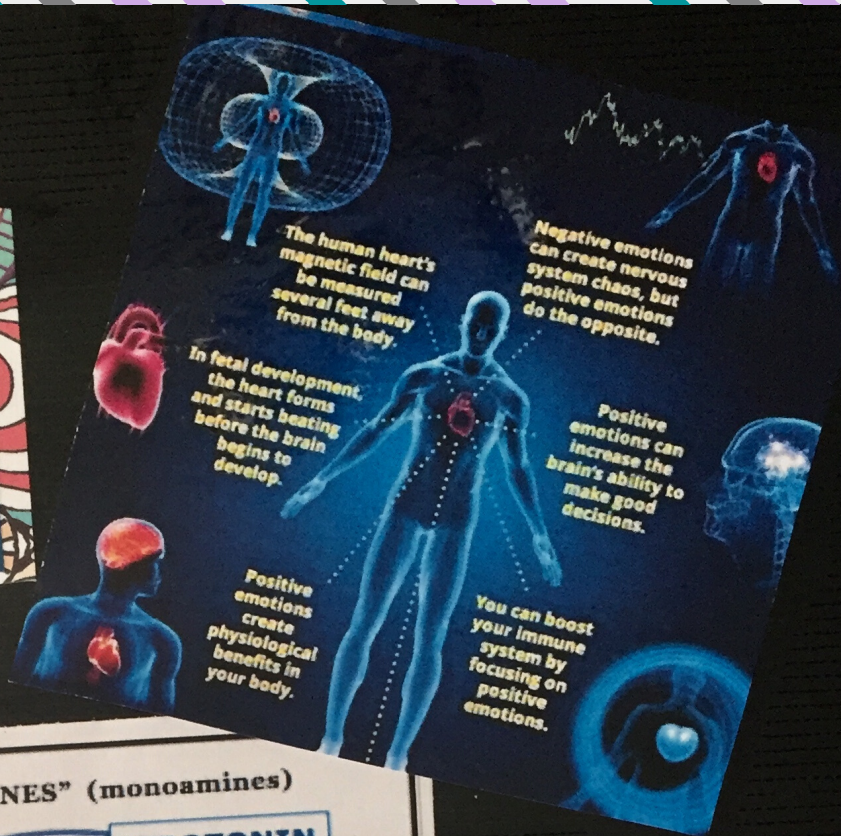
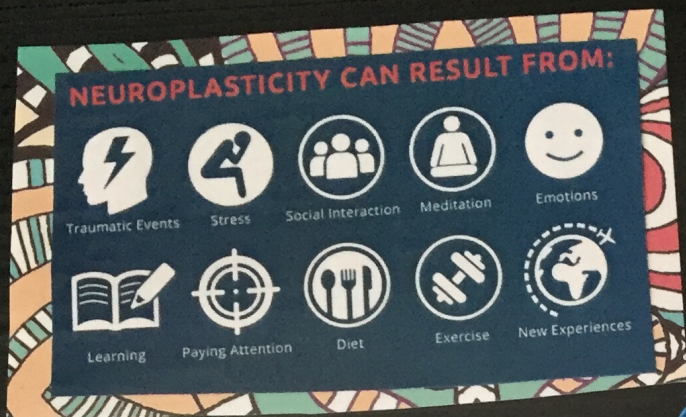
- Different areas of the brain handle different functions
- Brain areas for basic functions exist at birth - higher brain functions become possible as the brain grows.



optimal times to learn



OPTIMAL CONDITIONS FOR LEARNING
The best time to learn is during the period when brain cells are created in the relevant area of the brain.



INTERACTION of the "HAPPINESS HORMONES" (monoamines)

NOREPINEPHRINE

(nor-adrenaline) & Acetylcholine

Sustained concentration / Recall memory

+ energy, transition, socialization, concentration, perseverance

- ADHD, OCD, most types of depression, doubt, obsession, hesitation

VIGILANCE

INTUITION

+ motivation, novelty seeking
- loss of pleasure, impulsive risk-taking

Mental Alertness - Working memory

BALANCED (+): motivation, sense of inner & outer reality, pleasure, pain avoidance, clarity

IMBALANCES (-): Addictions, lethargy, loss of pleasure, slow reaction time, compulsion, sedation, hallucinations

SEROTONIN & Glutamate

Sensory satisfaction / Learning memory

+ relaxation, pleasure, mental impulse-control, pain avoidance

PERCEPTION

- obsessive thoughts, negative self-talk, distraction compulsive behavior

- easily triggered, fatigue, anxiety, aggression, paranoia, suicide

APPETITE

+ placidity, normal sexual response, over-eating inhibition, achievement satisfaction
- anxiety irritability

COGNITION

DOPAMINE

& Histamine

OXYTOCIN
The 'Love' hormone
Helps remove fear
and build trust
can be released
with a hug!



Impact of Trauma

Brain Architecture

Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. **Resolution:** safe and stable nurturing relationships, walk in nature, touch, exercise

Neural Pathways

Need to 'rewire' our brain from old thought patterns and habits of mind, conscious, and unconscious. **Resolution:** neurofeedback, meditation/ mindful action, positive self-talk

Hormones

Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long term damage to cells, structures of the body, and other hormone glands (thyroid). **Resolution:** oxytocin ("the love hormone")

Toxin Elimination

Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora). **Resolution:** salt baths, sauna

Nervous System

Supercharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance. **Resolution:** yoga, breathing, or other physical/emotional regulation

Immune System

Resistance to cortisol or lower cortisol creates unchecked inflammation. Cause of many diseases: asthma, arthritis, etc.) **Resolution:** meditation/mindful action, walking in nature, diet, rest

Brain Waves

Predomination of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures. **Resolution:** neurofeedback

Neurotransmitters

Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged. Reduces motivation & focus, creates fatigue. Low serotonin causes depression.

Cellular Change

Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. **Resolution:** social support

Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. **Resolution:** Safer environment (perception of)

SEMANTIC MEMORY

What It Is

The memory of general knowledge and facts.

Trauma can prevent information (like words, images, sounds, etc.) from different parts of the brain from combining to make a semantic memory.

EPISODIC MEMORY

What It Is

The autobiographical memory of an event or experience - including the who, what, and where.

Trauma can shutdown episodic memory and fragment the sequence of events.

PROCEDURAL MEMORY

What It Is

The memory of how to perform a common task without actively thinking

Trauma can change patterns of procedural memory. For example, a person might tense up and unconsciously alter their posture, which could lead to pain or even numbness.

EMOTIONAL MEMORY

What It Is

The memory of the emotions you felt during an experience.

After trauma, a person may get triggered and experience painful emotions, often without context.

nicabm
www.nicabm.com

THE 5 GIFTS OF CONQUERING ADVERSITY

@LAURA ROSER (2015)

SPIRITUAL DEVELOPMENT

A deep faith in God or the divine has been shown to increase the probability of survival. When you experience something difficult, often all you are left with is faith.

GREATER APPRECIATION

It's easy to get wrapped up in life and forget about expressing and forget about expressing gratitude. When a trial knocks you down, it has a way of making life that much more valuable.

INCREASED STRENGTH

Build resilience in the face of challenge. Each problem you tackle, learn from and overcome, leaves you stronger and more confident.

MORE MEANINGFUL RELATIONSHIPS

Dealing with a challenge can create more empathy in your heart and an overall desire to love and help others. You also recognize who your "real" friends are and have a desire to form appropriate boundaries to support your growth.

NEW POSSIBILITIES

See things from another angle, knock down barriers that have held you back, tap into a new purpose for your life.

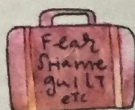
WHAT Happens in Therapy



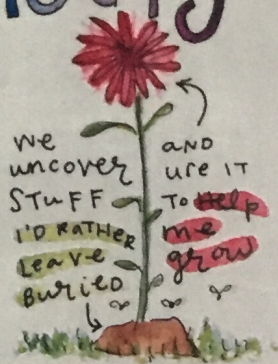
my progress
is recognized,
even especially
when I can't see
it for myself

I CRY.

even when I think I'm
not going to. (Rude)



I realize I am carrying
something I DON'T NEED
& I LEAVE IT BEHIND



@revelatori

THE VOICES OF THE SELF:



①
THE MIND:
ENDLESS CHATTER
TO FILL UP SPACE



②
THE EGO:
CONSTANTLY LOOKING TO
PROVE ITSELF.



③
INNER CHILD:
LOOKING FOR
VALIDATION + PROTECTION



④
THE SOUL:
A QUIET CLARITY
THAT GOES ALMOST UNNOTICED

RECOVERY

Realizing that you're worth it.
Experiencing true happiness.
Caring about yourself.
Over coming your own demons.
Validating your worth.
Eating without regret.
Relapse—it's going to happen, it's
inevitable and that's okay.
Yearning to live.

SIGNS YOU ARE HEALING

More observing, less judging.
More responding, less reacting.
More self love, less self sabotage.
More boundaries, less resentments.
More inner peace, less outer chaos.
More clarity, less confusion.
More being, less doing.
More faith, less fear.

"In the end
only 3 things
matter: how
much you loved,
how gently you
lived, and how
gracefully you
let go of
things not
meant for you."
Buddha

