

YOUR TEXTS
ARE BEING
IGNORED.



Your clever emojis are left unread.



Your brain
screams:
Everyone
hates me!



Reality check: your
BFF's all live in a
different time zone.



Your aunt Ellen loves to be in bed by 9
on non prime time football nights.
And it's 3:43am their time.

Even Dion Sanders is unconscious right
now.

Don't stress.

Your **BFF's** still love you.
You're still aunt Ellen's second favorite
niece.

They might be snoring through your
witty repartee, but it's only because
they're all asleep.



"Science says: Cognitive reframing reduces emotional reactivity and builds resilience.



"Science also says we're all just a bunch of apes with cool hair and better taste in sweaters, but that's not really an uplifting message, and my therapist says if I focus on positive content i have the talent to be a semi famous author in mid life.



^ Asking ourselves – “is it true?”
and “how do I know it's true?”
allows us to tell ourselves a
different story about our
circumstances, & can lead to a
much more generous (and
accurate) representation of
what's really happening.

For the complete
evidence based
"microdosing mindfulness"
series, you can get the
full book very
occasionally where books
are sold near you. You
may have to drive around
a bit, but if you're
persistent, you'll probably
find it.

Peace
)))
{ { {



TEACH WHAT YOU KNOW.

DO WHAT YOU LOVE.

WAKE UP THE WORLD WITH YOUR WORK