

Gentle Reminders Transcript:

Setting Boundaries:

Setting boundaries is healthy, it's a form of self love and self care. You don't have to do everything for everyone, your needs are just as important as the needs of others. You can say no to things. You are allowed to say that you need time to yourself to recharge. You are allowed to say that you do not discuss certain topics. You are allowed to say that you do not feel comfortable with something. Honour your own needs and your own space, listen to your body. Be assertive when needed to maintain your boundaries, and respect the boundaries of others. Anyone who does not respect your boundaries isn't the best friend for you to be with.

You are whole as you are:

The fear and panic which you feel cannot hurt you. Thoughts are just thoughts. Hey, you were never broken. It's okay to feel like an outcast, it's okay to feel afraid, it's okay to feel down, it's okay to not want to do certain things. None of these things make you broken, you're human. Be who you are, not who you think you 'should be'. If you don't feel comfortable doing certain things, that's okay. If you want to do things differently, that's okay too. You are a divine expression of the universe and you are worthy exactly as you are. If you feel yourself slowing down or like you need to rest, that's okay. You don't need to feel guilty for struggling to do things. You don't need 'fixing.' You are worthy of love, exactly as you are right now in this moment.

Star Child:

Star child, you have purpose. You are on this earth for a reason. There is something that you can give to the world. The world needs you! You can grow from the difficult experiences in your life. Know that the universe loves you eternally, you are never really alone. You are love in human form, remember that.

Chronic illness & self blame:

Sometimes we may blame ourselves for our symptoms getting worse and wonder whether it is something we have done wrong. We may wonder whether we have not been careful enough to avoid triggers, we may wonder whether we haven't eaten a diet that is healthy enough or slacking in self-care. The truth is that you don't need to blame yourself for this, you haven't done anything wrong. These things just happen, but you can get through this, just like you have before.

Self-care:

Hey you, please take care of yourself and know that it's okay to ask for help if you need it. Talking about how you feel, opening up or sharing your story is not 'attention seeking'. You don't need to feel ashamed for struggling. Feeling 'weak' doesn't make you weak. You are strong and very resilient.

Valid:

Don't let anyone make you feel bad for being who you are. Your feelings are valid regardless of what your mind makes you think. Let yourself cry if you need to. It's healthy to let it out. You are allowed to be gentle with yourself, you don't need to keep working or doing stuff all the time. Let yourself rest and nurture yourself, you deserve it. Connect with others so that you don't have to go through this alone. Tough times don't last forever, the best years of your life could be ahead of you.

It will be okay:

It can be healthy to take a social media break at times if that is what you feel you need. Recovery is a process that takes time, you are not failing just because it is taking longer than you thought it would. Things can be hard at times. There has been a lot going on in the world and there is so much which we are not yet aware of. Despite the darkness, there is still so much light. We can grow from the dark times. We are all in this together, we are the human family. Things can get better. Follow your heart.

Acceptance of our emotions:

We may say to ourselves "I shouldn't be struggling or feeling down as I have a good life" but the reality is that mental illness doesn't discriminate, and judging ourselves like this only makes us feel worse about ourselves. We can remember that our feelings are always valid regardless of whether others may 'have it worse' or 'how good our life is'. Mental illnesses can be linked to chemical imbalances in the brain, our microbiome, brain inflammation, trauma and more so it isn't your fault. You are allowed to feel how you feel without shame for it, the universe knows that you are still grateful, so just let yourself feel. We are here to experience a range of emotions, not to repress or deny our struggle.

Find your passion:

To find your purpose, see how you can use your experiences to help others. Find your passion, find something meaningful to you. See how you can use your gifts to serve the world. See what is different about you, and use that difference in a way that brings something new to the world. Follow your heart and work with pure intentions. Look at what the world needs to be a better place for all and then do what you can to create this better world. Have fun doing what you do.

Loving reminders:

No matter what your mind is telling you, things do get better and circumstances can change. Most of the things you worry about never happen, your worries can't change the future. You are allowed to feel angry, scared or upset. It's okay, you don't need to judge yourself for it. Having a condition that makes it hard for you to work or do daily tasks never makes you 'less of a person'.

You can ask for help:

This is just a reminder for everyone out there with neuro conditions. It's okay to ask for accommodations in school, college and university. If you need extra time on something, then that's okay; you don't need to feel guilty for it. You don't need to feel guilty for asking for an extension or asking for

help in any way because living with a neuro condition is tough and you are likely working a lot harder than your neurotypical peers. If you do need extra time or some sort of extra support to be able to function and get through the school, college or university environment then that's completely fine. Know that you are allowed to ask for help and you don't need to feel guilty for it.

Expressing emotions through creativity:

Some people find it difficult to express their emotions in healthy ways and some people hide their feelings but that can be harmful as you are repressing them. So the question is, how do you express them in healthy ways? The answer could be creativity. For example, some people find poetry useful for processing events and feelings as it can sort of be like journaling but in a very creative and fun way. Some people dance. I find that dancing is a good way for releasing anger if you stomp around and move your arms around, it can be very helpful in that sense. Some people like art, like art therapy. They can draw how they're feeling to sort of get an idea of it and also release it. It can also be used to show others how you are feeling if you don't have the words to express it. Therefore, I think expressing emotions through creativity can be really helpful. Sometimes it can lead to some really beautiful creations of art and poetry.

The old you:

Say no to anything that harms you more than it helps you. It's okay to miss the 'old you' sometimes. the version of you without symptoms, before everything changed. Just remember that the person you are now is just as worthy, and every now and then you may get a glimpse of your 'old self'. One day when things improve, you can be yourself again. You can get your old self back.