



# Mental Healthy

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I can give you every answer  
under the sun, towards  
strengthening a healthy state of  
mind. But it won't help. Not  
unless you truly feel the  
concepts within yourself and  
make conscious movement  
towards change.







Past

GUILT PILLS  
2 FOR 1  
DISSOLVE THAT PAIN  
AWAY TODAY!

PAST LIFE  
RETRIEVAL  
SESSIONS

NEW IN  
THE HAPPY DAYS  
VIRTUAL REALITY.  
RELIVE YOUR  
FONDEST MEMORIES,  
AGAIN AND AGAIN!

Present.  
∞

PHILOSOPHY  
NIGHT  
TUESDAY 22ND  
Bring your curiosity!

Follow your gut  
Cream  
Legs gone to jelly?!  
Just rub this on your  
belly!!

Meditation  
Sessions  
Mondays &  
Wednesdays  
5PM

YOGA  
EVERY WEDNESDAY  
7PM  
Feel calm and  
centred, connect  
your mind and  
body.




FUTURE

PLAN YOUR CHILD  
THE NEW DNA  
ROBOT ADVISER,  
HERE TO HELP YOU  
CHOOSE  
PERFECTION.

Chill Pills  
NOW EXTRA MINTY!





What's the point of it all?

Well, every part has its own reason.

Will I ever work out what I'm meant to be doing?

What do you like to do?

Lots of things...

Perhaps doing those things is what you are meant to be doing.

Maybe...

Perhaps even, just existing is enough.

Don't you get scared of messing up?

Everyone is trying and failing and evolving through life together. We don't know what we're going into, all we can do is explore the darkness and find light.

Hello. Just relax. Slow your mind. Take a deep breath. Feel your body. Feel the weight and warmth. Notice the shapes and colours around you; tone shade, texture. Slow down. Bring your mind into your body, away from abstract thought. Let sound and smell and sight flow through you, through your body. Let your body relax. Let it all flow..

PNIE FRO TEH  
FTURE RO WLAK  
NI HTE NWO?

LOKO TA YOR  
FETE, TERHES  
FOWELRS LAL  
AONURD.

Be kind to  
the planet

Think freely.  
∞  
Keep grounded.  
∞  
Give equality.  
∞  
Weave your  
dreams into  
reality.  
∞



Between action  
and reaction,  
there is space  
to observe and  
decide with  
control. This is a  
helpful tool in  
life. But don't  
think too long.





Each one of us is a delicate system; a mass of cells and bacteria all working in harmony. What you put into that system, and how you use your mind and body, is all connected.

The mind is like a magnet. Give it an idea, a feeling, and it brings up relevant links, similar notions.



Just got a fresh supply of nutrients in from this evenings roast dinner, lots of veg.

That's a relief. The stamina hamster is running on empty after skipping lunch.

We've got a worry overload here, functions are not fully responsive.

Spending too much time roaming down unhealthy trains of thought will open up more paths of a similar nature.

Learning to work with the chemistry of your brain is key. Observe any imbalances and keep nurturing and strengthening weak areas. Create balance for yourself.

I heard someone say that to be completely one emotion is insanity..

I dont know why people talking to themselves is seen as strange. Everyone constantly jabbars thousands of thoughts in their head every day. Whats the difference saying it out loud?



When thoughts are loud, switching focus to the body can help.

Try lying down and guiding focus up through the body, really allowing every place to sink into rest; your toes, knees, stomach, spine.

As the muscles around your lungs relax, notice how you can draw a much deeper breath, flooding your blood and brain with oxygen.



You can try this same technique with the mind. Guide focus through your thoughts, noticing any areas of stress or tension. Let them relax.

You can always bring the thought back to mind later, at a time you decide.


But for now, allow yourself a breath of fresh air.



A daily practice of simple movements, a routine of stretches and holds, can do a lot for the mind and body.

I always feel more grounded after some yoga. Realising that we are all breathing bodies, with blood and muscles and bones, makes me feel less disconnected to others.





A lot of our species environment uses straight lines and right angled structures. The mind can fall into similar rigid notions.

But our minds also need to roam freely, to be random and to play. So much of our learning as children is done through play.

Spending time in nature loosens the mind by surrounding it with flowing structures, moving patterns and layered colours.

Yeah, I miss that.

Do you remember when you were a kid and friends would come knock on your door and say 'want to come play?'

It's easy to fall into a habit of only doing things that are normal to us. But sometimes it's healthy to wander in the unknown.

Our bodies have an internal clock that helps us cycle between activity and rest. I imagine it like music, a steady, grounding beat that backs the melody of life. Without rhythm, energy is used insufficiently, peaking and crashing out of time, leaving us feeling sluggish.

Get plenty of vitamin D and H<sub>2</sub>O.



Keep your sleeping pattern and meals at regular times, with balanced nutrition to strengthen rhythm.

Try bringing this sense of rhythm into your awareness. Feel the natural rise and set of each day. I took away my curtains to connect with the cycle of light and dark.



We are a tribe of many tribes.

Feel your roots,  
have empathy and  
connections within the  
community.



Here and now, together.

This life is a collective  
contribution.



What does it mean to be conscious?

Consciousness moves fluidly through a spectrum of states.

The unconscious realm is for sleep and dream.

The subconscious is a Pandora's box of past generation's knowledge and instincts built up over time.

Our conscious mind is where we can make decisions in the moment, of free will.

The ego conscious is where your sense of self is able to reflect upon itself.

Fluidity between these states, and a balanced amount of time in each is key.

I spend far too much time in my ego, worrying over my actions and intentions, and what others think of me, which only burns out energy and sling shots my consciousness into a sub-state of sleepy auto pilot.

Observing where we sit in our mind could help in guiding it towards healthy motions.

Is it to think?

To feel?

To know?

To react?

To connect?

It's definitely something we're all sharing.





Know that feeling good isn't the aim. When you focus yourself to feel happy, it can burn out the motor. Cry if you need to. Share with someone what is bothering you.



I think we can miss a lot of what life has to offer, if we fill every silence with thought. Can you hear what your heart is saying? Do you feel the surge in your belly, that leads you through right and wrong?

Trust it.

Three questions I use to guide myself through life:

Does it feel true?

Does it aid growth?

Does it make your heart beat faster?





Do you still feel  
incomplete?



That's because you are.



In the most beautiful  
way possible.



Illustrations and kind words  
towards a healthy state of  
mind.



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