Mental Healthy

Jenny Eden
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.
Sometimes I get lonely.

Thousands of years of evolution have strengthened our species diversity.

Human beings have powerful minds...

Powerful enough to get lost in...

But I worry that things are moving fast and that voices are going unheard.

Even though the world is so busy...

I do what I can, but I still stress over unreachable problems.

Some of the thoughts are important and I don’t want to ignore them. But the negative parts revolve and reflect and multiply.

But then, loosing yourself is half the fun of finding yourself.
Present.

Philosophy Night
Tuesday 22nd
Bring your curiosity!

Meditation Sessions
Mondays & Wednesdays
5pm

Yoga
Every Wednesday
Feel calm and centered, connect your mind and body.

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

New in the Happy Dave Virtual Reality: Relive your fondest memories, again and again!

Guilt Pils
2 for 1
Dissolve that pain away today!

Past Life Retrieval Sessions

Chill Pill's
Now extra minty!

Plan Your Child
The new DNA robot adviser, here to help you choose perfection.
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.

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.

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.

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.

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

I don't know why people talking to themselves is seen as strange. Everyone constantly jabbers thousands of thoughts in their head every day. What's 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.

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

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

Yeah, I miss that.

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 H2O.

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.
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 generations' 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 slingshots 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.

What does it mean to be conscious?

Is it to think?

To know?

To feel?

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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