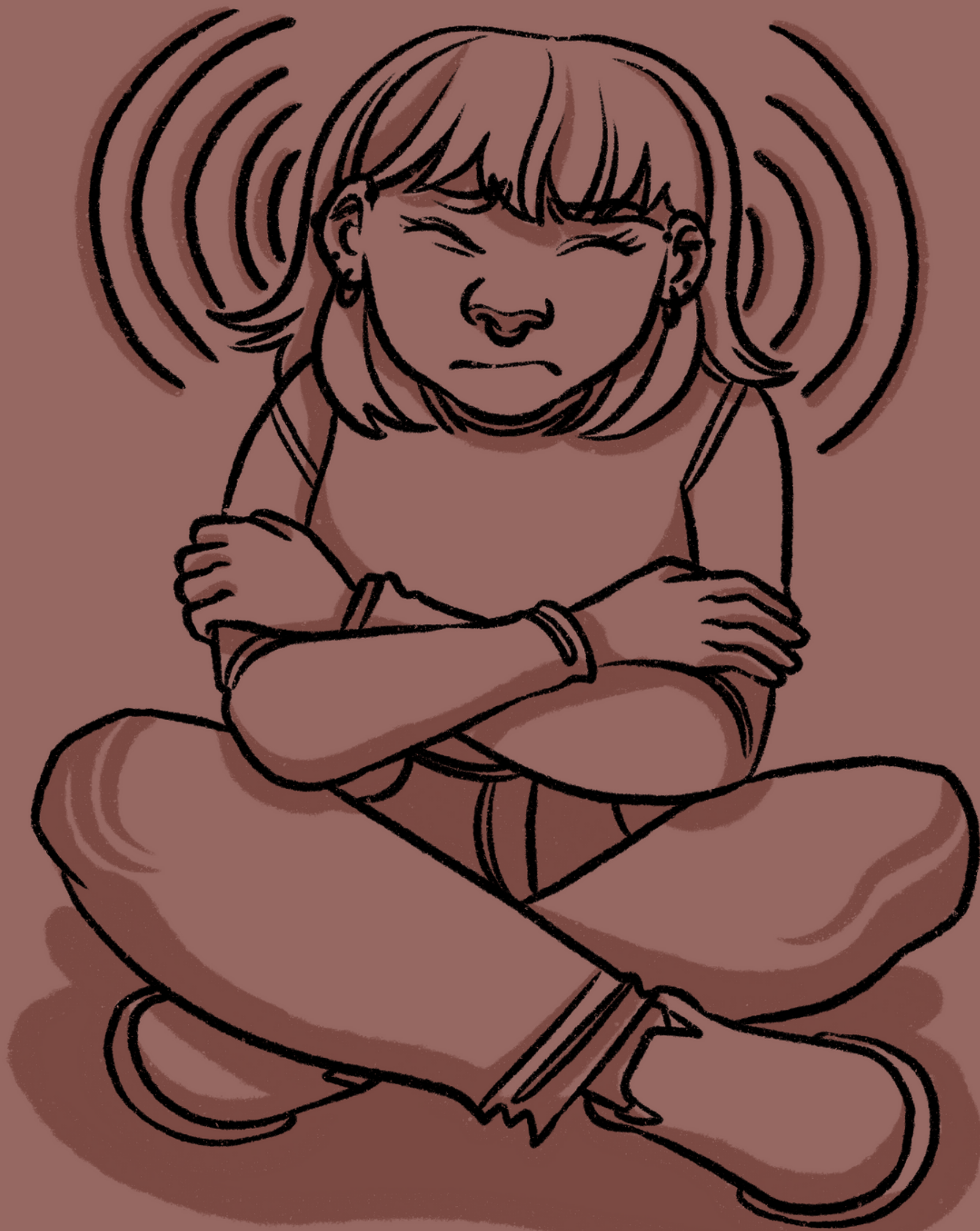


flow



It's cliché, but sometimes silence  
can feel overwhelmingly loud.

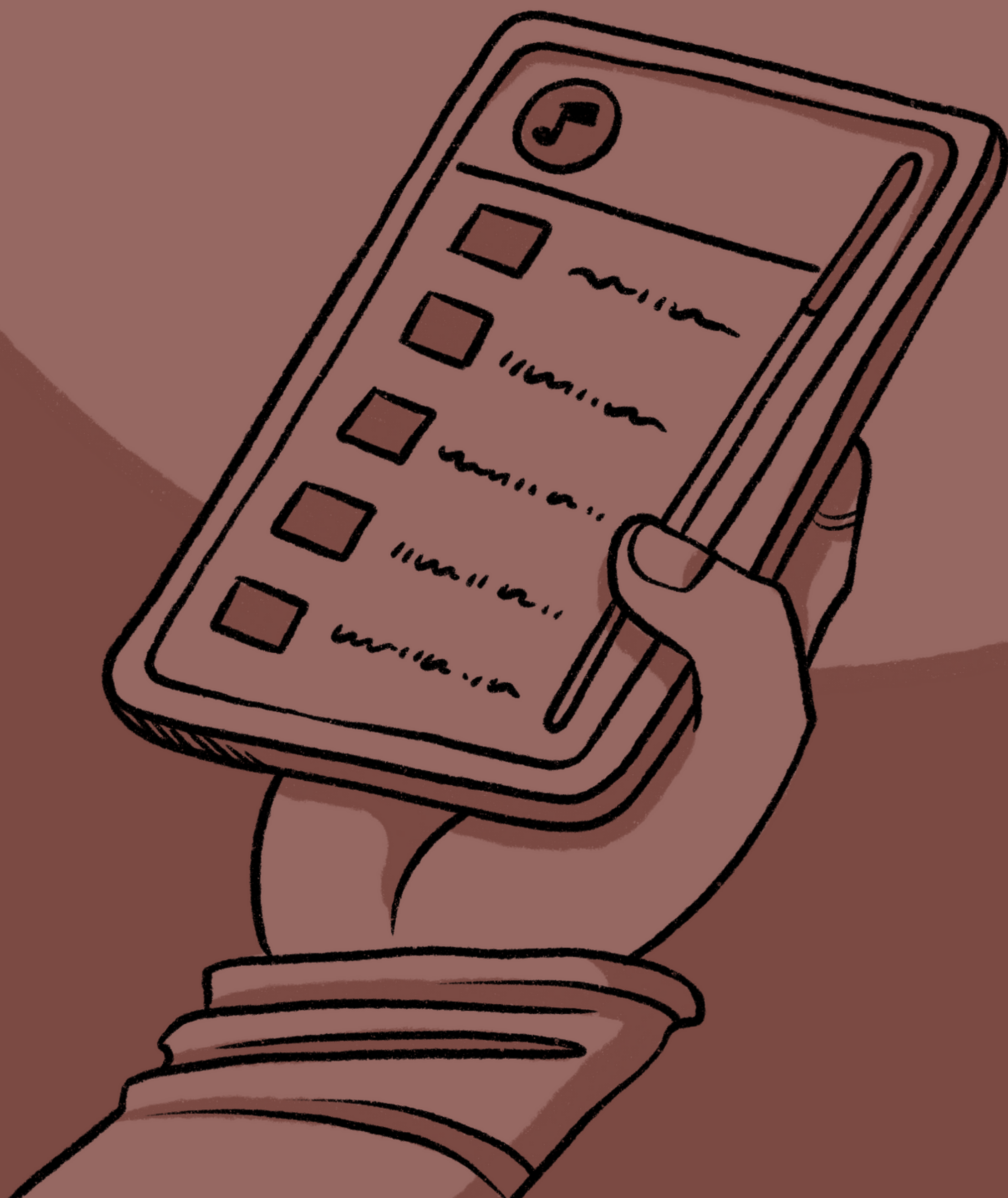




Especially if you struggle with any kind of mental health issues, your brain is flooded with plenty of insanity that comes out to play in the middle of quiet.



So we try to fill it.





podcasts,

videos,

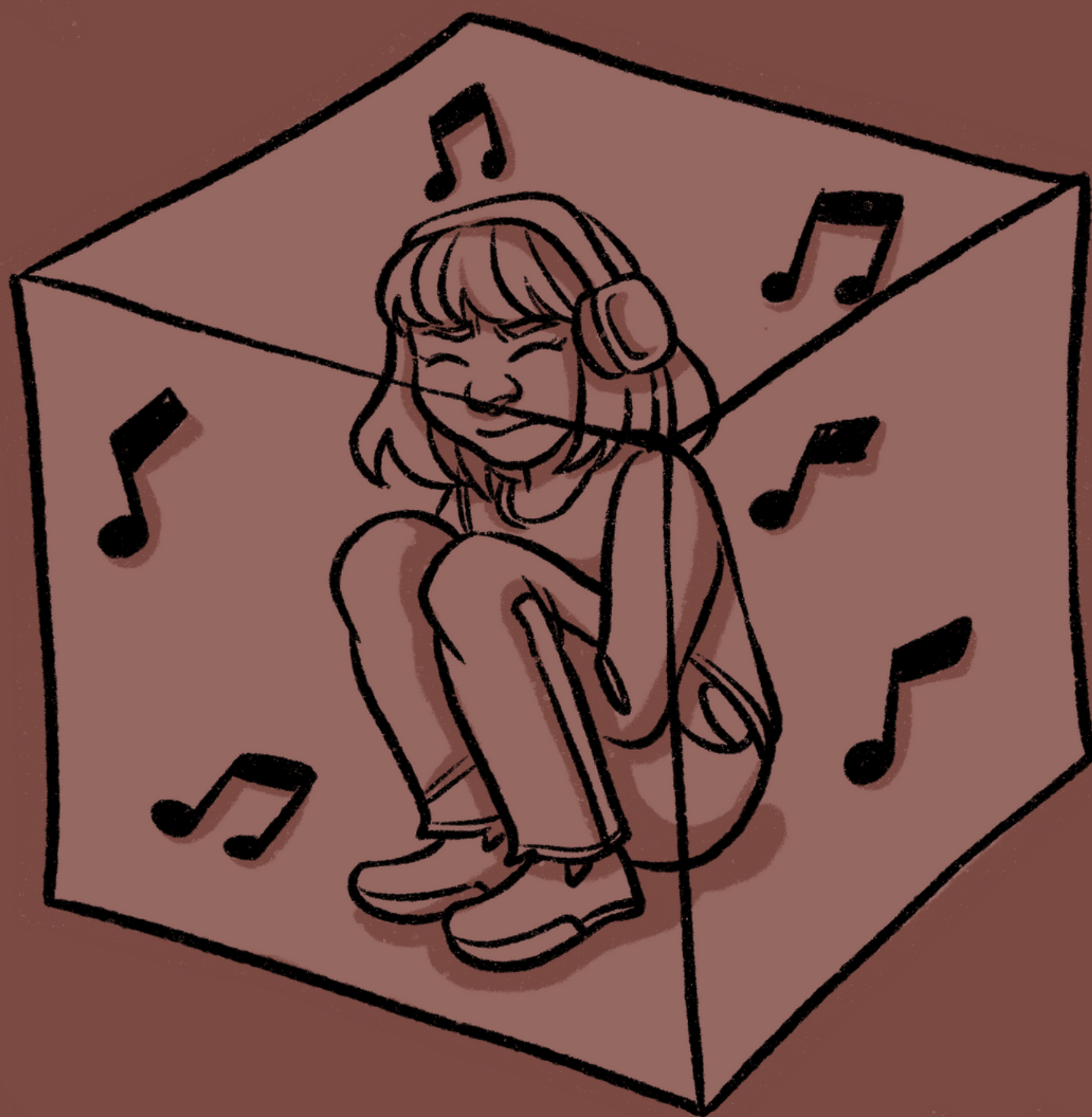
! MUSIC.

A neverending  
stream of  
content.

”



Because maybe if we fill our heads  
with a constant flow,



the bad stuff won't make  
it's way into your head.



If only. But it's a band-aid. A dam  
made of papier-mache.





Listening to  
music & other  
things is not  
necessarily a  
bad thing.  
It's just when  
it becomes  
something to  
lean heavily  
on that it  
becomes an  
issue.

Because often, it's in those  
difficult moments of silence...





... That our hardest work and biggest healing can happen.

