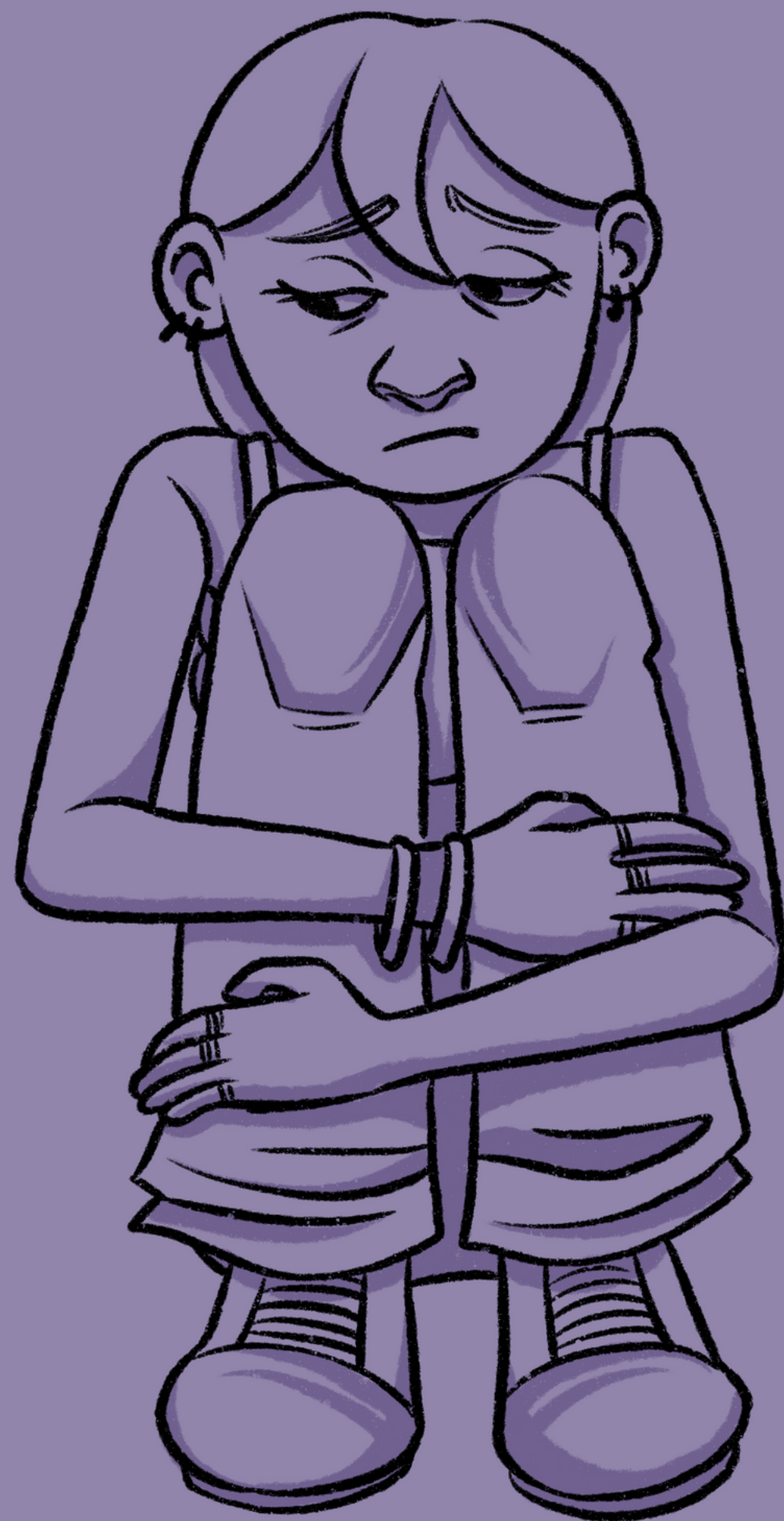


Flow

When you're
having a hard
time, it's really
tough to
understand what
you need.



It's not like other "body signals" you're used to.



HUNGRY?



EAT FOOD!



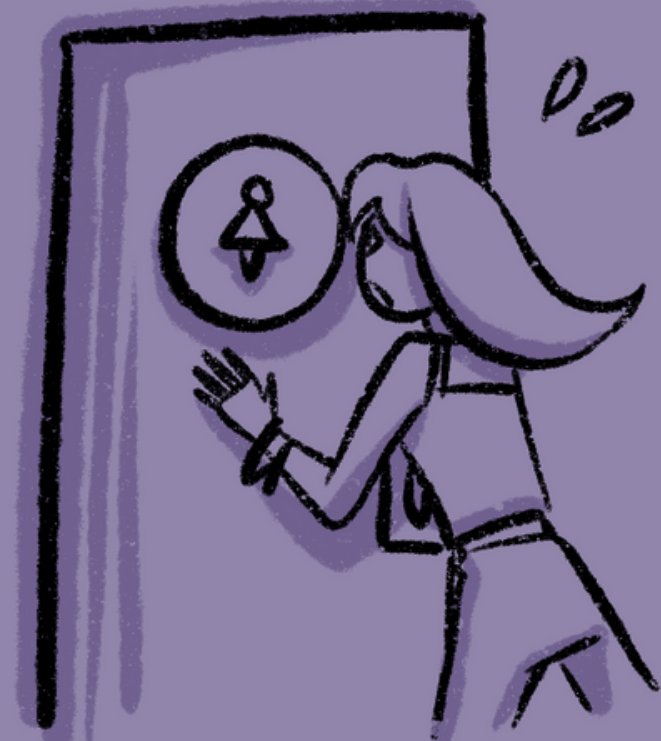
THIRSTY?



DRINK WATER!



DRINK TOO MUCH WATER?



WELL, YOU GET IT.

But when you're really stressed or sad or something & somebody asks what you need or how they can help -



- It can be hard to find the words.

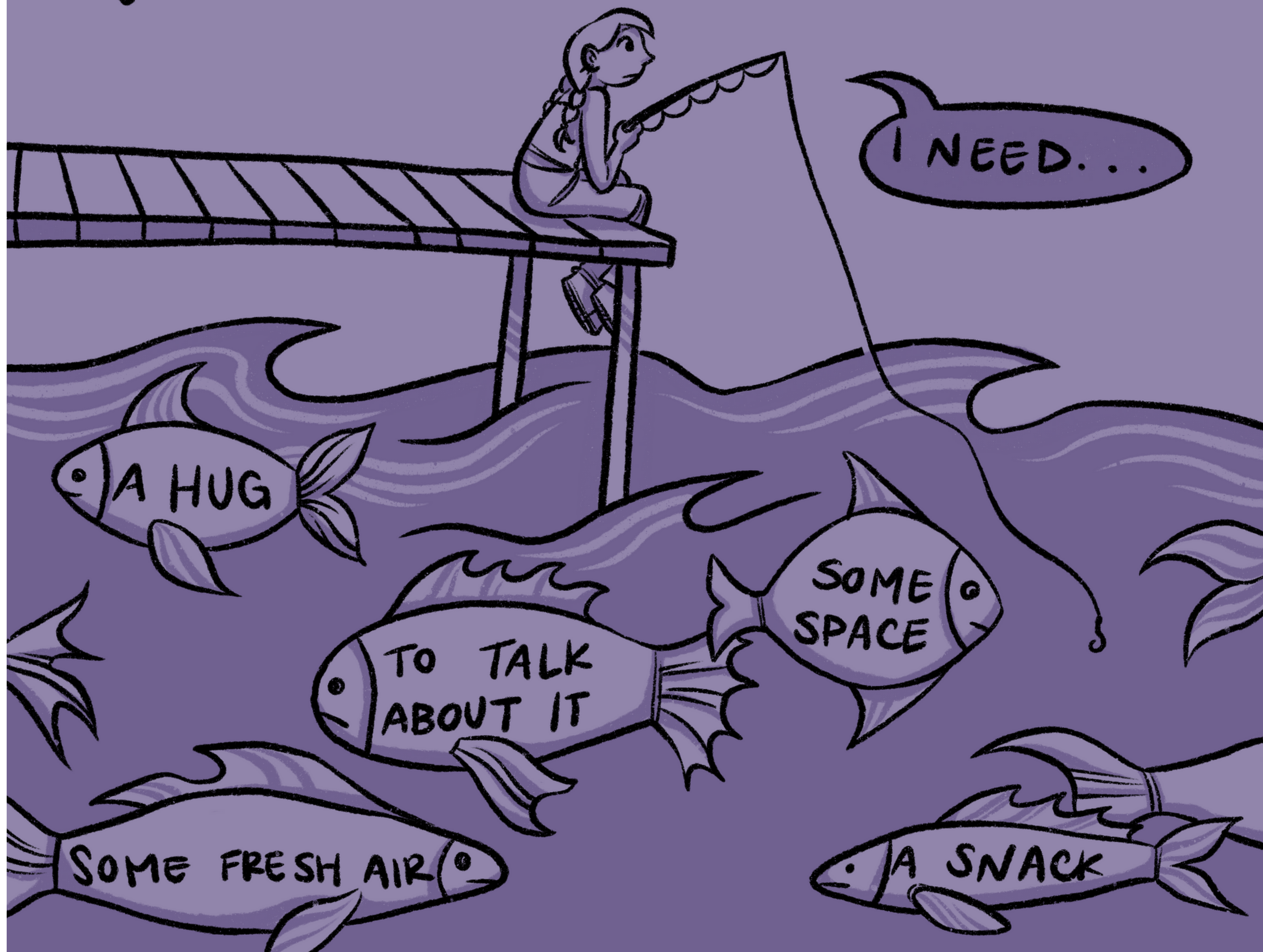


Mostly, that's because we aren't used to making space to find those words.

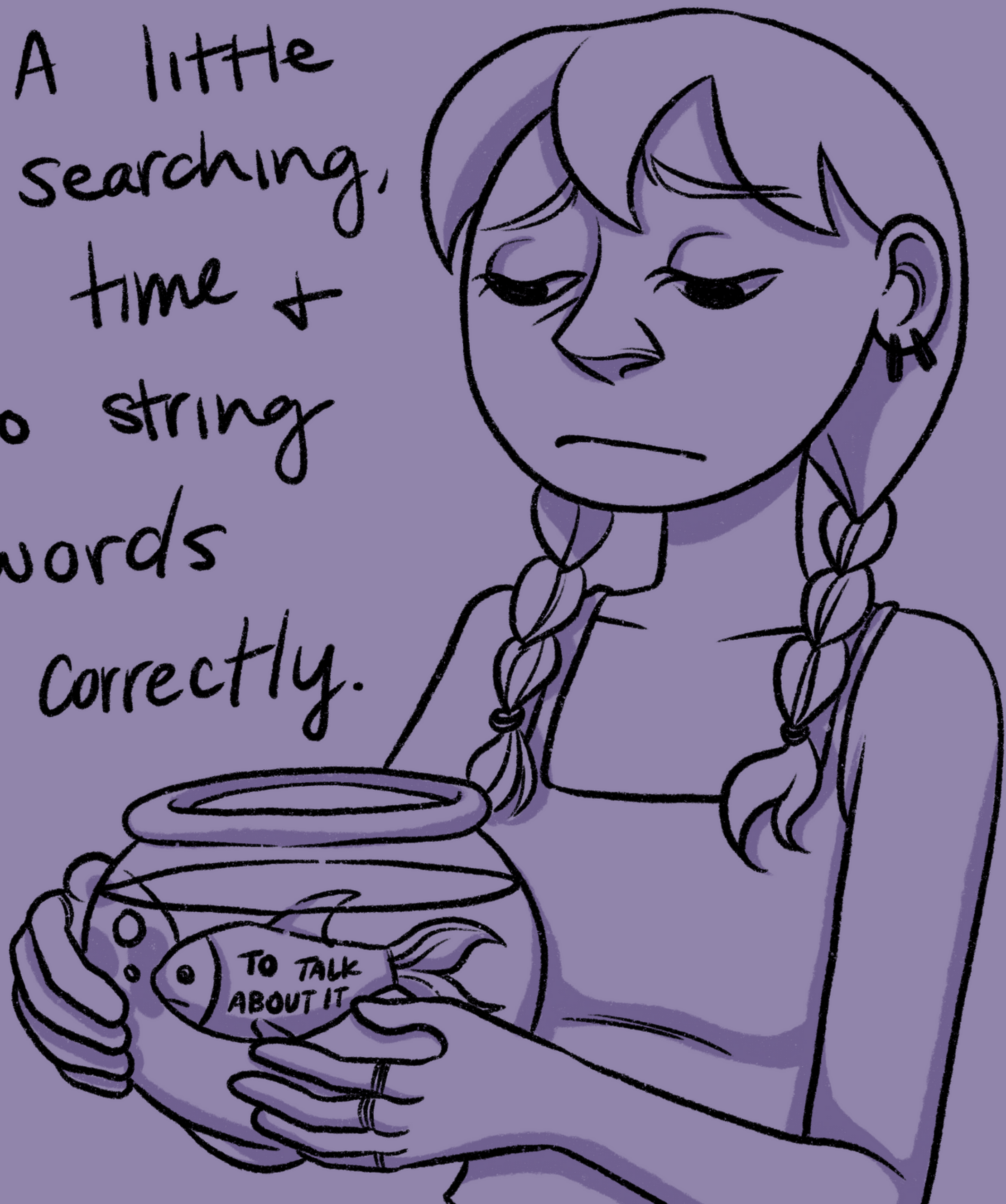


We're used to giving our immediate feelings immediate responses, like with feeding our hunger.

The words for what you need
may take longer to come to
you, + that's okay.



It tends to take
more time, more
work. A little
internal searching,
a little time +
space to string
those words
together correctly.





The more time + space you give yourself in those moments, the more you cultivate a garden full of tools to help you get what you need when times are tough.