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Westside Notes

*The Opposite of Addiction is Not Sobriety.
The Opposite of Addiction is Connection. — Johann Hari*

Integrating Your Inner Child into Quarantine

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1. *Allow yourself to be BORED.* There is so much beauty in boredom; it is the liminal space between the old and new!
2. *Make art.* To contain feelings, use smaller materials, such as colored pencils. To let feelings flow out, use bigger brush strokes and paints.
3. *Get outside.* Run around, be curious. Touch trees and grass and flowers! Remember what it was like before you thought you had to already know everything.
4. *Play dress up.* Get outta those sweats and pretend to be a rock star, a nurse, an Oscar winner, WHATEVER you want!! Put on some lipstick or make a moustache. What did you want to be when you grew up. I wanted to be a waitress and an actress. Dream big!
5. *Go to sleep early and wake up with the sun.* Get back into the rhythm of Mother Nature; the sun always rises and it always sets.
6. *Throw a ball.* Drop back into your body. If you are alone, throw a ball back and forth, left to right, get that bilateral balance!!
7. *DAYDREAM.* About absolutely anything in the whole wide universe. Really go for it! Go big because you are already at home.
8. *Shake it off.* Someone might call this dancing, but really shake, shake, shake.
9. *Sing.* Make up songs. Sing your favorite songs. Calm your nervous system. You don't have to get any of the words right, just sing for the heart and all the feelings of being trapped that may be coming up for you. Sing it out. Sing!! *I Dreamed a Dream* from Les Mis can work wonders for me in moving stuck feeling!
10. *Have a tantrum.* This sucks. We want it to be different and it's a force way bigger than us. Let it out, be a mess, cry, yell and then go get yourself a healthy snack.



11. Let the adult in you remind yourself that everything always changes, that it's okay to be scared and that they are not going anywhere.

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