

## Physicality

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Wayne Dyer once said "If you change the way you look at things, the things you look at change." However, I believe the inverse of this quote to be just as powerful, if not more.

Here is my version: *"If you change the way you look, you change the way you look at yourself."*

I have found this to be true in my life and I urge my readers to try this as well. I have used this quote and translated it to mental health and psychiatry. This is one of the first homework assignments I share with my patients. People come to me for assistance in many different areas. Most are not happy with their current situations, or they are not comfortable in their own skins. I challenge them to start doing something about it. I have coined this as "physicality." I ask them to make one physical change about their appearance, but with intention that they are starting on a path to their new self. I am a believer that we all have some agency in our lives. A simple change will do, as long as the will and intention are pure. If you usually don't sport a beard, then do it. Change your hair style. If you don't like wearing shorts, then wear them. If you hate flip flops, then don them. It does not have to be an expensive transformation.

While you start this physicality, I also ask my patients and friends to consider a new pen/artist name. The physical change will use our mirroring pathways in our brain to cement

the fact that there is a physical change happening. This pathway is further strengthened with channeling an artist name and different personality. If your current personality is of being "sad" or "wound-up" or an "angry elf," then let's do something about it. The new artist personality associated with the artist name and physicality will be channeled anytime the person is in a creative space. I urge my friends to tap into this space when sharing their creativity and experiences with us on this platform. I personally have found this combo of the artist name with physicality is a great way to jumpstart your path of self-discovery.

*Please share any tales of transformation. If you have done physicality and made an artist name/personality, please share your experiences.*