

Recipe for Escaping Depressing Thoughts

By.

Kadie Kelly

- 1 cup of pink glitter
 - 1 small to medium sized container. Can be a glass bowl, plastic container, soap dish, whatever you have on hand. Ideally you will be able to fit your hand, palm down, into it.
1. Gently pour glitter into the container
 2. Watch it fall and sparkle
 3. Listen for the soft sound it makes as it hits the container
 4. If any glitter got on the surface or floor, using all five fingers, gather it together, pinching it up between your fingers and thumb. Listen to the sound of your hand on the surface
 5. Rub your fingers against your thumbs over the container to let the glitter you picked up drop in while listening to the sounds it makes. Brush both hands together over the container to get any off that may have gotten between your fingers.
 6. Move the container gently, angling it down on one side at a time, as if you were panning for gold. Watch it move and sparkle. Hear the soft sounds it makes.
 7. Keep the container somewhere you can see it often. Repeat step six as often as needed during the day.
 8. Repeat the complete process as needed.
 9. Once you are comfortable with the process, create a voice memo of the sounds it makes and listen to it when you are away from your glitter container.